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FEARS FOR 'ZOMBIE' KIM

- Kanye bins Kim's clothes & demands: 'Dress SEXIER!'

- He orders Kim's trainer to make her a STONE lighter

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13 April 2015

She's so Now

Amanda's got talent!

One of the only women in the world who puts Simon Cowell in his place, Amanda Holden is our kind of girl. With Britain's Got Talent back this weekend, we're looking forward to the crazy acts and judges' banter.

She's not the only one making a welcome comeback – turn to p38 to say hello to some

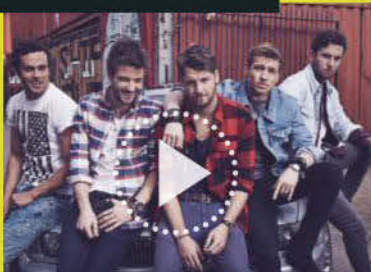
handsome new faces as Made In Chelsea returns for a new series. Plus, get the latest MIC style on p64 too.

Enjoy the issue!

Sallyx

Sally Eyden,
Content Director
Follow me on Twitter
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Watch now!



Want to see Made In Chelsea's hottest hunks talk sex secrets? Then head to nowmagazine.co.uk/micbys for our steamy video!



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Solange's
style, p56



Secrets of
a Chelsea
girl, p64



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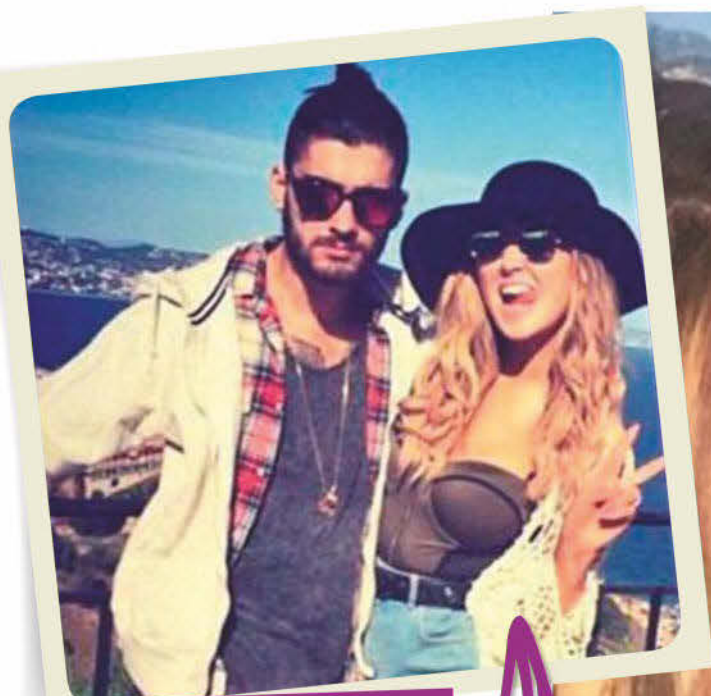
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This week's **Love** juice

Who's **dating**, **mating** and **hating**



**Nothing
will tear
them apart?**

Zayn Malik & Perrie Edwards

What a whirlwind it's been for Zayn, 22, and Perrie, 21. Not only did the bearded heartthrob sensationally quit One Direction two weeks ago, he's been plagued by allegations (which he's denied) that he cheated on fiancée Perrie with model Martina Olsson while touring in Thailand. The Little Mixer kept a dignified silence before she and Zayn fled to Perugia in Italy, where they posted these selfies.

With arms wrapped around each other, it's safe to say that this relationship is nowhere near over. Zayn's sister Elisha even waded in with a snap of her with the happy couple. What's more, rumours are flying that the pair are intending to bring forward their wedding. Watch this space...



*'Ready for
our close-up!'*

**Zayn posted these
happy holiday pics
with Perrie in Italy**





Katie's Easter Bunny!

Katie Price & Bunny

Proud mum Katie, 36, posted these adorable snaps of herself with her seven-month-old baby daughter Bunny on Twitter just before the Easter weekend. Sitting out in

the sunshine, Katie plants a smacker on her daughter, the fifth of her children and her second with husband Kieran Hayler, 28. She captioned the photo: 'Me and my Bunny Boo chillaxing.' All together now, aww!

What happens in Vegas...

Davina McCall & Matthew Robertson

Davina, 47, and her hubby of 15 years Matt, 46, jetted off to Las Vegas last week and giggled their way through a ceremony at The Little White Wedding Chapel to renew their wedding vows. Cute!



Pop power couple

Taylor Swift & Calvin Harris

After meeting at the Brit Awards last month, things seem to be really hotting up between 25-year-old Taylor and Calvin, 31 – with recent pictures showing the pair getting all kinds of cosy, holding hands and kissing, after Tay flew out to Vegas to watch him perform. Um, hottest couple ever?



Niall Horan & Amy Willerton

He's used to dating models, so it's hardly surprising news that 1D's Niall, 21, has enjoyed some 'secret dates' with I'm A Celeb's Amy, 22.



Susan Sarandon & Jonathan Bricklin

They split after six years but Jonathan, 37, admits he still loves Susan, 68, 'more than anyone'.



Ed Sheeran & Barbara Palvin

Ed, 24, only recently split from Athina Andrelos, but has been spotted with Victoria's Secret model Barbara, 21, already.

Louise Pentland & Matt Watson

'Sprinkle Of Glitter' YouTube star Louise, 29, has revealed she's separated from husband Matt after five years.

Hopping up

Cooling off

Crush corner

ROB LOWE, 51
(YES, HE REALLY IS!)

He may be in his fifties but age ain't no barrier when it comes to Mr Lowe. We've been lusting over the Parks And Recreation actor for decades – and from this pic you can see why.

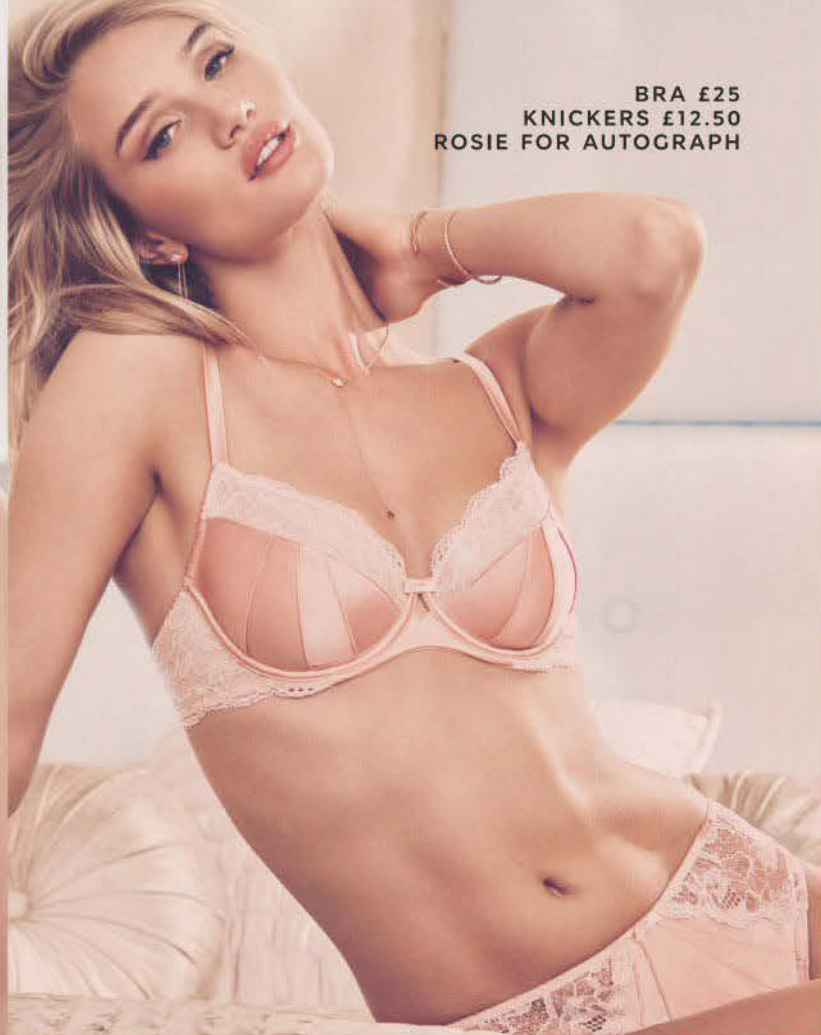




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The
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Story

‘Kanye’s
turned
Kim into

A ZOMBIE

● Bins her clothes
and orders her:
'Dress sexier'

● Demands Kim's
trainer make her
lose a **STONE**

It was during a seemingly innocuous chat between younger sister Khloé and Kim Kardashian that alarm bells began to ring. 'I love that you get to live your life by yourself at this time in your life, to have everything your taste,' gushed Kim passionately.

Her wistful comment, caught on camera for *Keeping Up With The Kardashians*, appeared to send a signal that the reality star is no longer the carefree Kim fans fell in love with and that some part of her is hankering for a life when she was free to enjoy girly pleasures like making

decisions on what to wear.

Because despite the fact that Kim's fashion career

began as an in-demand stylist for Paris Hilton and Lindsay Lohan, who opened her own designer clothing chain Dash in 2006 before co-designing fashion line the Kardashian Kollection with her sisters in 2010, Kanye has insisted on controlling aspects of his wife's life from her career to clothes and even her hair colour. So

**'HE'LL
SAY IF
I DON'T
LOOK
GOOD'**

drastic is the transformation, that worried fans are calling Kim a 'style zombie'.

When the famous pair began dating in 2012, Kanye, 37, was quick to bag his spot in the director's chair, ordering Kim to bin all her old 'cheesy' clothes and recruiting personal stylist Renelou Padora to revamp her wardrobe. 'I was obsessed with

glitter and rhinestone heels and the kind of clothes I now laugh at and he threw them all out,' says Kim, 34.

Kanye wouldn't even let her keep them for the



**Kanye's
even controlling
baby North's
style too!**

couple's one-year-old daughter North. 'I said to Kanye: "Well, I'm going to save them for my daughter one day," and he said: "Well, if it's going to be our daughter, she's never going to wear those,"' she revealed.

'KIM'S A STYLE ZOMBIE'

Kim's style has changed dramatically over the past few years. Gone are the bright dresses, swishy skirts and wide belts that she was regularly seen wearing while married to Kris Humphries, 30. Now, Kim sports an array of eye-wateringly tight rubber dresses, see-through tops and curve-clinging clothes, all selected by Kanye, who Kim admitted in a recent interview has demanded that she 'dress sexier'.

In an interview with the *Sunday Times*, Kim said: 'I'll put something on and he'll say: "No, that doesn't look good," and I'll trust him.'

The world saw just how controlling Kanye was on the red carpet at last year's GQ Awards when he was even seen on the floor adjusting and tweaking Kim's eye-popping PVC and chainmail outfit.

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FROM GIRLY...

He also had the final say on the bridesmaid dresses before his wedding to Kim, telling them: 'No slits, OK.' Then, at the last minute he called in completely different gowns, with Kim gushing: 'It's such a relief and I'm so thankful Kanye has these connections that he was able to call someone and get a dress in like a day.'

Last year, sources even revealed that when Kanye's away on business Kim regularly sends him photos of her outfits in order to gain his approval, for fear she might veer off Kanye's fashionista footpath. And Kanye is so persuasive that their daughter North is following her daddy. Her black, white and khaki wardrobe is a far cry from the bright, fun-loving clothes that cousins Mason, Penelope and Reign are often dressed in by mum Kourtney, 35.

Kim said: 'North doesn't really like pink. Like, she's very neutral... she doesn't like prints.'

HE CHOSE THE BRIDESMAID DRESSES

She hasn't liked it for her whole life,' before sister Kourtney chipped in: 'Kim and Kanye don't like pink or prints.'

However fans aren't happy with Kanye telling Kim what to wear. 'I think Kim Kardashian was way more attractive when she was back with Ray J and Reggie Bush,' one fan said.

CONTROLS HER HAIR!

It doesn't stop at her clothes. Kim made mega headlines after dyeing her brunette hair platinum blonde and opting for a short 'n' stylish bob, much like the star's make-up artist Joyce Bonelli who revealed to *Now* two weeks ago that Kanye was behind the dramatic look. 'Kanye said she (Kim) should do her hair like mine,' Joyce claimed.

But fans said it points to Kanye brainwashing her and trying to control every aspect of her life. One Tweeted: 'You look crazy as a blonde... Kanye has you

TURN FOR MORE ➡



APR 2009

Pre-Kanye, Kim's style was girly and flirty

...TO TRASHY



FEB 2015

Faunting her curves to the max in body-con rubber in London



MAR 2015

She steps out in Paris in an in-your-face bondage-style outfit



FEB 2015

Leaving little to the imagination in lace

Does Kanye control Kim?



Psychologist Emma Kenny looks at the signs...

Kanye's behaviour towards Kim's personal trainer was not normal behaviour and demonstrates this idea that he thinks he's above the rest of society and has delusions of grandeur. It seems from this that he's involved in almost every aspect of his wife's life.

It's not just her fitness routine either. For example, she isn't dressing in the same kind of clothes as she used to. Kanye likes her to wear these sheer, almost naked clothes, which is a sign of ownership. It's almost like he's urging her to make as much money as possible.

The thing I think really stands out is that women who are in these relationships just stop knowing who they are. It's almost like their self-esteem gets chipped away so slowly that their whole sense of self has been eradicated.

The very fact that Kanye is making some of Kim's choices for her, such as which trainer she uses or what clothes she wears, is incredibly controlling because then you start thinking: 'My choices are all incorrect – his are better,' therefore you become powerless.

It's also interesting how Kim poses in front of the cameras whenever she's with Kanye. She now poses very like Posh Spice – not smiling and head slightly down – and appears more controlled and self-aware. This may well be to do with Kanye's increasing influence over her life.

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so brainwashed.' Another said: 'She looks like a style zombie...' Kim's said to have told friends she finds it 'increasingly difficult' and has told friends Kanye's 'controlling her image' and is 'exhausted by him'.

ORDERS PERSONAL TRAINER TO MAKE KIM LOSE WEIGHT

It comes as no surprise that Kanye has a say on Kim's body too. On the new episode of KUWTK, that aired in America last week, Kanye threatened to sack Kim's personal trainer for not helping her to lose 15lb. Speaking to Khloé, 30, Kim revealed: 'Kanye literally went crazy on the trainer today.'

According to Kim, when the trainer suggested it was too drastic a drop in body weight, Kanye 'lost it', saying: 'Wait a minute, you're the trainer and you're telling me you can't imagine her 15lb lighter? We need to get another trainer, because if I tell you she needs to lose weight in between her toes, you better figure out a f***ing toe weight!'

'KANYE'S MADE HER A ROBOT'

It's not only the fans who have spoken out about Kanye's 'brainwashing ways'. Perhaps it's because Kim is now a mum, but reports in America say her friends no longer see her – and Kanye is to blame. One friend spoke out to news website Radaronline, branding Kim a 'robot'.

'She's a robot and is not the same person that she was even a few years ago. She tells her friends that she's busy all the time filming the show, but in reality she's just with Kanye and doesn't want to tell us,' claims the source.

Stepbrother Brody Jenner made his feelings towards Kanye clear after he was snubbed from their wedding in Italy last year. Talking to Kourtney's partner Scott Disick, he said he preferred Kim's ex Reggie Bush. 'Put Kanye and Reggie together in a burning building, guess who I'm saving... Reggie all the way.'

Kim also admitted that while



Kanye adjusts Kim's PVC and chain mail dress at the GQ Awards

'SHE'S EXHAUSTED BY HIM'



Kim with her ex Kris Humphries back in 2011

the couple were staying with her family in 2013, Kanye begged for some alone time. 'He said: "Can we have three days without your family?"' she confessed.

CONTROLS HER CAREER

In 2013, pushy Kanye allegedly attempted to control the famous Kardashian Christmas card, insisting on a bizarre casino theme for the shoot – something which did *not* go down well with fashion photographers Annie Leibovitz and Mario Testino. Now it's reported that Kanye is controlling Kim's career, having taken over from her mother Kris Jenner.

'Kanye is now totally in charge of Kim's career and his non-stop wheeling and dealing is leaving Kris out of control,' says a source. Part of this remit has been to get

her to decline all paid appearances, say sources.

'It cheapens Kim and her brand to be paid to go to parties,' adds the insider. Kanye's already banned their daughter North from ever appearing on KUWTK and has also told Kim to quit so she can go, in his words, 'high end'.

Kanye's puppet-master ways have also spread their way onto Kim's social media with the reality star's Instagram page flaunting hordes of straight-faced selfies, body-baring shots and paparazzi pics. Rewind a few years though and Kim's approach to selfie-taking was completely different. She regularly uploaded funny-face photos, showing off her easygoing, laid-back attitude.

And before posting her infamous white swimsuit belfie in 2013 – announcing

to the world that a post-baby Kim and her bottom were back with a bang – Kim ran it past her man beforehand. 'I was trying on a bathing suit and I just sent that to my boyfriend Kanye West) and I was like: "Babe, can I post this up?"'

'SHE'S NOT THE SAME PERSON'

THE NEXT MARILYN?

Perhaps most telling thing of all is Kanye's ambition to turn his wife into the ultimate sex symbol, a

modern-day Marilyn Monroe. '[Supermodel] Kate Upton ain't Marilyn Monroe. Kim is Marilyn Monroe, you know that. She was controversial. Kim [is] controversial,' he's said. But regardless of her sex symbol status, Marilyn was also a woman famously controlled by men throughout her life...



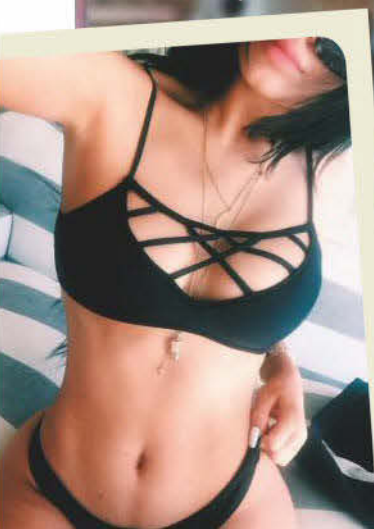
KYLIE JENNER

AGE 17

SIZE THEN 8

SIZE NOW 10

Kylie's girl next door image is long gone and she's shocked fans by trying to transform herself into a sex goddess, flaunting her figure in a string of racy selfies. Following speculation that she's had lip fillers, which she denied, Kylie's newfound curves have led to claims she's had a boob job (a rumour she hasn't addressed). With her momager Kris said to be keen for her to follow in big sister Kim's footsteps and pose for Playboy when she's 18, fans fear it's a case of too much too young for the reality star.



KELLY OSBOURNE

AGE 30

SIZE THEN 8

SIZE NOW 12

The stress of leaving E! TV show Fashion Police and her split from fiancé Matthew Mosshart looks to have taken its toll on Kelly's weight, with her social media posts showing the extent of her partying and eating out — so are these latest pics a cry for help? Kelly's admitted to 'binge eating' in the past, saying: 'It was a case of eating to comfort myself, which meant I'd turn to quick fixes — junk food. I used to eat everything I could get my hands on... I was eating my feelings.'



EXTREME MAKEOVER

Photos of Tara Reid in a skimpy bikini last week led to fears for her well-being from fans. Personal trainer to the stars Elise Lindsay tells Now: 'It's not a healthy positive body image for young girls. Some people have high metabolic rates or faster-working thyroids, but unless it's related to illness I'd suggest it's not a natural body type.' Worryingly, Tara's not alone in her body woes...

MARIAH CAREY

AGE 45

SIZE THEN 10

SIZE NOW 14-16

Mariah's often struggled with her weight, but since last year's stressful divorce from Nick Cannon she's put on weight, as this recent pic of her in St Bart's shows. Sources put it down to emotional eating, with one telling us: 'When Mariah's going through a difficult time, you can usually find her in a restaurant or kitchen. All her weight fluctuations over the years correlate with break-ups.'





ME BODY VERS

These celebs
are a far cry
from their
former selves

TARA REID

AGE 39
SIZE THEN 6
SIZE NOW 4

Tara's weight loss has raised eyebrows in the past, but these recent shots of her on Miami Beach show just how thin her legs and ribcage have become, leading to fears for her health. However, Tara's defended her shockingly slender shape, saying: 'I'm just a skinny girl and I do eat!'

She puts her misshapen frame down to a botched plastic surgery operation she had in her quest for a dream body. 'I got lipo because even though I was skinny I wanted — I'm not going to lie — a six-pack,' she said. 'I had body contouring, but it all went wrong. My stomach became the most ripply, bulgy thing.' Tara claimed her body had been 'completely butchered', adding: 'The mental and physical pain I went through after I had the surgery was horrific.'

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¹Cetraben Cream patient preference study, Sept 2013

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BETHENNY FRANKEL

AGE 44

SIZE THEN 8

SIZE NOW 6

Real Housewives Of New York City star Bethenny's been dealing with her divorce from Jason Hoppy, who's reportedly threatened legal action over an interview in which she revealed details of the split – and the stress has clearly caused her weight to plummet. When asked if she thought she was too thin, Bethenny answered: 'Maybe.... When I'm very tired and stressed out, people think I'm more thin.'

Words: Kim Gregory and Sarah Tetteh. Photos: Splash, Rex, INF, Fameflynet, Photoshot, Barcroft Media



TAYLOR SWIFT

AGE 25

SIZE THEN 8

SIZE NOW 6

Taylor always looks great, but we can't help noticing she's a little more waif-like these days. It's unlikely she's consciously trying to lose weight, but her gruelling schedule of energetic dance routines and constant travelling may be taking a toll on her.

She's revealed she goes for an hour-long run on a treadmill every day to keep up her fitness levels ahead of her tour, which starts next month. She says of her diet: 'During the week I try to eat healthily – salads, yogurt, sandwiches and no sugary drinks.'



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'I want Azura to have a beautiful childhood,' says Alesha

Alesha

'BEING A MUM'S MADE ME A BETTER PERSON'

The BGT judge on motherhood, marriage – and acts that make her cry

Yay, Britain's Got Talent is back! And to mark its return we catch up with judge Alesha Dixon, 36, who reveals she's all loved-up with her partner Azuka Ononye, 33, and their 18-month-old baby daughter Azura.

Hi Alesha! Azura is so adorable – is she a happy baby?

She smiles so much. She's made me determined to be happy all the time. I want to set the best example I can to her.

Is she talking yet?

She's chatting away – she says 'Mummy'. Azuka and I look at each other and we can't quite believe we've created this wonderful daughter.

Any sign she's following in your footsteps?

Azura's very

musical already, actually. She loves dancing.

Is it hard juggling motherhood with your career?

I'm busy but I try to find plenty of time to be with Azura as well as planning lots of work.

What has becoming a mum taught you so far?

Without sounding too corny, it's made me a better person. I'm always rushing around but she's made me stand still for a minute and take in everything. I want to enjoy being with Azura and for her to have a beautiful childhood.

Have you and Azuka talked marriage?

I'm in no rush but I'm not ruling it out. He has to ask me first!

What about date nights?

They're so important. We

'EXPECT LOADS OF CRAZY ACTS AGAIN!'

go for dinners and we saw Fifty Shades Of Grey at the cinema recently. We were chuffed to get out of the house! It's hard to find time, but as Amanda Holden told us recently when we were all out together, we need to get to a place where we're OK about being away from the baby for 'us time'.

What can we expect from the new series of BGT?

There's plenty of banter and loads of fun and crazy acts again! David [Walliams] has been a wind-up merchant and he and Simon [Cowell] are constantly trying to embarrass Amanda and me. We know how to get back at them,

though, don't you worry!

What's Simon like as a dad?

Eric's been on set during the auditions. Simon's been so lovely. But he's been very mischievous this year too – he loves his jokes and pranks. I find him so funny.

Have any acts made you cry yet?

I've had some teary moments. It's normally when they tell you their story – you make a connection with them. There are the heartfelt moments but there are also plenty of laughs – that's why I love it so much.

Britain's Got Talent returns to ITV at 8pm on 11 April

She's been with actor and dancer Azuka since 2012



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NEED TO *know* NOW!

All the news, none of the snooze



Kitchen wars

Jamie versus Gordon

Jamie Oliver and Gordon Ramsay have reignited their old feud, with Jamie, 39, accusing Gordon, 48, of being 'deeply

jealous'. 'He [takes] the piss out of me because he can't work out why I do what I do and why he can't do [it],' says Jamie. Yikes!

50 Shades shocker

STALKER JAMIE

Say what? Jamie Dornan, 32, has admitted stalking a woman to prepare for his role as a serial killer in *The Fall*. 'I followed a woman off the train one day to see what it felt like to pursue someone,' he said. 'I followed her around a couple of street corners and then was like: "What are you doing?"' He described the feeling as 'kind of exciting, in a really dirty way'.



Fash fail



POSH: 'DITCH THE BEARD, DAVE!'

David Beckham, 39, has been sporting a rather large, bushy beard lately – but wife Victoria, 40, is having none of it! David revealed on *The Late Late Show*: 'I was in Miami and Victoria actually saw the picture and was like: "There's no way I'm kissing you unless you shave that off." I left it for a day [but then] was like: "You know what, I'm going to have to do it."'

Does David look better with or without the beard? Tweet us @NowMag to tell us!

New trend?

Kermit fever

When Rihanna, 27, rocked up to the iHeartRadio Music Awards in LA wearing a green furry ensemble, we couldn't help thinking of Kermit the Frog! But she's not the first frog-alike – Cheryl Fernandez-Versini, 31, was accused by Simon Cowell of looking like the very same Muppet on *The X Factor* last year due to her bright green dress. Who knew Kermit would become such a fashion inspo?



But nobody wears it as well as Kermit



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Breaking the internet

THE NEW GRUMPY CAT

The latest showbiz sensation to hit the internet is this grumpy-looking feline: Pompous Albert. He currently has 38,000 Instagram followers – and one hell of a scowl. We couldn't be more in love.

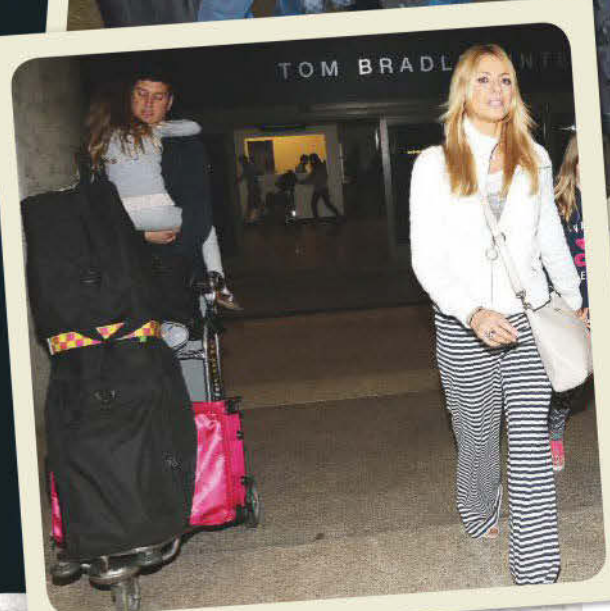


US moves

THESE STARS ARE HEADING FOR AMERICA

It's the land of the free, the home of the brave – and apparently, pretty much all of our TV presenters are skipping the UK to go and live in America. Christine Bleakley, and Frank Lampard, both 36, flew out to the US last week to check out new pads, in reparation for their long-awaited move in July.

And with Vernon Kay, 40, and Tess Daly, 45, jetting off on holiday to LA along with their two daughters Phoebe, 10, and Amber, five – Vernon having previously admitting that he'd love to live in the US – we can't help but worry that they'll never return. Please don't leave us, Ternon!



Cameo of the week

Sarah joins Corrie

Former Girls Aloud singer Sarah Harding is set to guest star in Coronation Street this summer. Sarah, 33, will play a 'feisty character' who'll cause trouble for conniving Tracy Barlow. 'I'm very excited to be joining,' says Sarah. 'As a fan of the show, it's a huge honour. I can't wait to get started.'

Parent wars



ANDRE VS PRICE

Katie Price, 36, and Peter Andre, 42, are each on hols with their kids – and they appear to be going head-to-head to see who can post the most happy family pics. While Pricey's shared snaps of herself lounging in the sun with eight-month-old Bunny and Harvey, 12, jumping in the pool, Pete's been posting Instas with Junior, nine, and Princess, seven.



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IGNORE
THIS.



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SAYING WHAT WE'RE ALL THINKING

My weekly
column
in NOW!

Katie Hopkins

'I intend to leave my manky CBB onesie to Nadia Sawalha'

“If there's one thing we can be sure of in life, it's death. Yet it's something we find incredibly difficult to talk about. Most of us can't even find the words for a sympathy card. Plenty of families tiptoe around the subject until it's too late and they're left arguing in a gloomy solicitor's office when the will doesn't go their way.

Robin Williams' family are no different. They've been engaged in a pitched battle over whether his third wife or his kids from earlier marriages should get his trophies and awards. She has a £4.7 million house; the rest is theirs.

As my trusty divorce lawyer said, no matter how much stuff you have, it always comes down to a row over the last silver spoon. He was right. Having split up the big stuff like our lives, the house and car, the real row happened over a family heirloom I didn't have and my ex was sure I did.

It's easy to say: 'This would never happen to us – we all get along.' But as with weddings, funny things happen when families are forced together. Tensions are high, old divisions

raise their heads and possessions take on new meaning.

In our increasingly complicated families, with lots of children by different husbands, lines of inheritance are a tangled web. Pricy is a '5 by 3' – who's going to take the lion's share when she pops off? I'm a '3 by 2'. I like to think we're one big family, but what if the children fall out? When my husband dies, surely he'd want his son to have some of his special items so they stay on 'his side'?

What would my girls think about that?

Some bitter individuals use their will to send a message from beyond the grave. My husband

works for an animal charity and they employ a solicitor to help individuals leave their cash to furry animals. There's no better way of showing your family how much you hated them in life than leaving all their inheritance to a cat's home.

Or you can make like Mark Zuckerberg and promise to give away 99 per cent of your wealth in your life. Nigella Lawson's promised to leave her children no financial security when she dies, saying it ruins people. So do

drugs, Nigella dearest, but that didn't stop you.

I intend to leave my manky onesie from the CBB house to Nadia Sawalha, just to give her nightmares, and a DVD of My Fat Story to Perez Hilton as he continues to battle his back fat.

But for now, I encourage my family to talk of death as easily as we talk of shopping or what's for tea. We're going to stick dots on things the kids want: blue for India, pink for Poppy and yellow for Max. One day I woke up with a pink dot on my engagement ring. That girl will go far.

My dad has his funeral planned out. He wants to be cremated in a cardboard coffin, with few hymns and no flowers. Can you imagine anything more depressing? What he hasn't worked out is that when he croaks he can't tell me what to do any more – so he'll be getting the nicest coffin I can buy and enough flowers to put My Big Fat Gypsy Funeral to shame!



Robin Williams' family have settled their battle over his estate out of court



Read my column every week ONLY in Now

Got a question for me? Email askkatiehopkins@timeinc.com



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Can Jay-Z & Beyoncé

SURVIVE THE 7-YEAR ITCH?

The honeymoon looks to be over for the stressed-out couple

They were once one of the most loved-up couples in showbiz, but could there be trouble in paradise for Beyoncé and Jay-Z as they hit their seven-year anniversary? Sources say work and relationship pressures have made it harder for them to relax and enjoy each other's company – and wonder whether Bey, 33, and Jay, 45, have been hit by the curse of the seven-year itch.

A source tells *Now*: 'It's been a tough year for Bey and Jay and they're feeling the

strain. They've been seen arguing in public and Solange attacking Jay in a lift was the worst thing that could've happened. It totally burst their bubble and shattered their "perfect couple" image. It's a relief that they've made it to seven years after the strain they've been under.'

Even their low-key anniversary last week was a far cry from how the couple – who have a three-year-old daughter Blue Ivy – usually like to celebrate. Last year, they marked

the occasion with a tropical getaway to the Dominican Republic. A holidaymaker who saw them commented: 'They seemed happy and in love.'

Beyoncé looked beautiful.' The previous year they'd jetted to Havana, Cuba, accompanied by their mums Tina Knowles and Gloria Carter. Aww.

But this year the run-up to the anniversary was very different. Standing in line alongside Kanye West and Madonna, Beyoncé dutifully

pitched up to support Jay as he launched his new music service Tidal in New York.

Although she was goofing around with Alicia Keys and Nicki Minaj backstage, Bey appeared less than touchy-feely with her hubby.

It caps a year of stress for the pair.

'IT'S BEEN A TOUGH YEAR'

99 PROBLEMS?

GLOOMY

The pair look strained at the Tidal launch

GOOFY

Bey cheers up to pull faces with Alicia Keys and Nicki Minaj

The couple look loved-up in 2005



In November, Beyoncé sparked concern when she appeared to be rocking back and forth in a trance-like state at a basketball game with her man. And more recently, Jay-Z's been named in a paternity suit filed by 21-year-old Rymir Satterthwaite, who claims his mother hooked up with Jay in the early 90s. After the year Bey and Jay have had, let's hope things can only get better ...



KILLER PILOT
EXCLUSIVE

'I know what it's like loved a



Otak forced Elisa to watch the horrific killings

After the Germanwings tragedy, Elisa Frank, whose ex was a murderer, pens a moving letter to Andreas Lubitz's fiancée

As soon as news broke of the Germanwings plane crash in the French Alps, Kathrin Goldbach left Germany thinking her fiancé Andreas Lubitz was one of the victims. But the secondary school teacher arrived in France to learn that Lubitz, 27, was in fact the perpetrator of the mass murder of 149 people.

According to German newspaper reports, Kathrin, 26, is pregnant and had planned to marry the co-pilot, who deliberately crashed the A320 Airbus. It's believed the couple had an on-off relationship for the past seven years and that Kathrin had recently left Lubitz because his obsessive and controlling behaviour made her fear for her safety. Kathrin is now in hiding as she struggles to come to terms with the shocking enormity of the horror caused by Lubitz and fears she'll be blamed.

Elisa Frank knows only too well the pain and guilt of being the former lover of a murderer. In March 2012, days after moving out of the home she shared with him, Ahmad Otak, 21, stabbed her sister Kimberley, 17, and best friend Samantha Sykes, 18, in front of her. He admitted double murder and was jailed for 34 years. Here, in an emotional open letter, Elisa, 22, from Wakefield in West Yorkshire, reveals what it's like to live in the shadow of a killer...

**'DON'T
ALLOW
GUILT
TO EAT
YOU UP'**



Elisa's sister Kimberley was only 17 when she was murdered

Lubitz suffered from severe depression

Ore to have killer

Dear Kathrin,

We don't know each other, but I want to reach out because I might be one of the few women in the world who knows what you're going through. You may think no one could possibly understand the unbearable emotions weighing you down.

Unfortunately, I can. I too was once engaged to a man who went on to kill people.

When I saw early reports of your life with Lubitz, I froze. Reading that he was a total control freak was so chilling because that was how my ex Ahmad Otak was described. Learning that you left him when his obsessive behaviour made you fear for your life mirrored my experience. Even reports that Lubitz vowed he'd do something to make the world remember him resonated. Otak drew stick figures of people on his kill list and swore he'd murder them if I left him.

I imagine, like me,

shock numbed you in the immediate aftermath of the terrible events. I think the brain can't deal with such huge trauma. When it sunk in that Otak really had killed my sister Kimberley and best friend Sami, guilt engulfed me. If I'd stayed with him, would they still be alive?

Now I cope with guilt by taking a few steps back. If I saw someone else feeling guilty in my situation I'd know it was wrong. Rational thoughts will ease your guilt.

Worse than guilt is having the finger of blame pointed at you. Soon after Otak killed the two people I loved most in life, police arrested me in connection with their deaths. Once they'd heard the whole story, they realised I was an innocent victim. So are you. Please don't blame yourself – it will help no one.

Anger can eat you up. I feel constant fury towards Otak, but I try not to let it take me over because anger isn't a helpful emotion. I was treated in hospital for post-

traumatic stress disorder and that really helped. It's easier talking to strangers than friends as you can let go of your innermost thoughts without upsetting anyone. Keeping a journal of my emotions was therapeutic, too. Reading them a few months from now will prove you're making progress even if it doesn't feel like it.

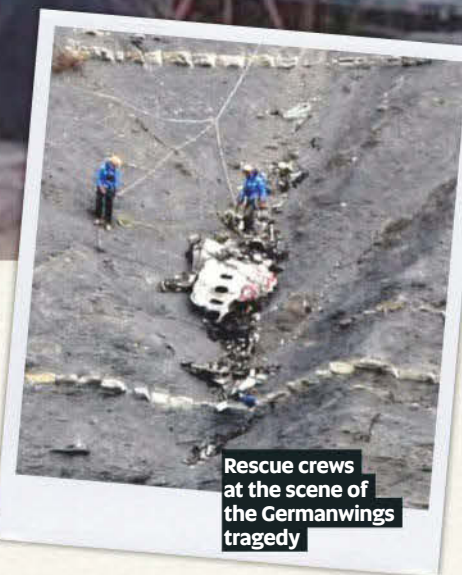
I know eating will seem incredibly hard just now, but please try to look after your health. Unfortunately my bulimia returned after Otak's despicable act. Sleeping might seem impossible, too. My nightmares are petrifying – I see Kim in dire danger but jolt awake before I get the chance to save her – but, with time, I've grown used to them.

Taking each day at a time is a cliché, but it's vital. Don't look too far ahead – just think about getting through the next hour. I considered suicide at one point, but I refused to let Otak claim

another life. You have so much to live for – especially the birth of your baby, if it's true that you're pregnant. Try to grasp happy moments.

I know it might seem a long way off, but one day you'll feel elated to be alive. You and I know how fragile life is. I now feel an extra drive to achieve things on Kim and Sami's behalf. Kim always wanted to write a book, so I felt incredibly proud to see *The Borderline Diaries* published. I know Sami would be saying: 'Go, girl!'

Sadly, bad things happen in life. Accepting that we can't change them will help us move on. Life will never be the same but, as difficult as it is to believe right now, you will feel happy again one day. Trust me.



Rescue crews at the scene of the Germanwings tragedy

TOWIE's Ferne McCann and Sam Faiers put the fashion into Now's hashtag

#FEELGOOD FASHIONAWARDS

NOW
feelgood fashion
AWARDS
Beauty Works

**BEST
#FEELGOOD
FITTING
ROOMS
New Look**

Nicola Panayiotou,
New Look's
PR manager

**MOST
GENIUS IDEA
New Look**
(for its 'Definitely,
Maybe' & 'My
Stuff!' markers)

Claire Ferris of
Yours
Clothing,
Merryhill

Work hard
and be nice
to people

Feel Good No

Now's shopping awards pulled in a suitably stylish crowd! Here's who you

**BEST
#FEELGOOD
DISCOUNTS
George at
ASDA**

Now's Gilly
with Dan Pole,
senior press
officer for
George at Asda

Now's first #FeelGood Fashion Awards took place at Fortnum & Mason this week, where the movers and makers of the UK retail industry heard who Now readers had voted your #FeelGood fashion brands of 2015. Hosted by presenter Lilah Parsons and Now Style Content Director Gilly Ferguson, the UK's top high street brands were joined by TOWIE's Sam Faiers and Ferne McCann; MIC's Lucy and Tiffany Watson, presenter Zoe Hardman and bloggers Roxie Nafousi and Fleur de Force.

Now's Gilly says: 'It's high time we championed the high street brands that go the extra mile for their customers. From star sales assistants to winning delivery services, these awards are about acknowledging those retailers who make fashion feel great.'

Isabella Thorsden
and
Matthew
Rogers of
ASOS

Rachel
Reynolds
and Jessica
Harris
represented
M&S



THE UK'S
BEST
#FEELGOOD
STORE
ASSISTANT



MIC sisters Tiffany and Lucy Watson



Host Lilah with Yours Clothing PR Jacqueline Cameron

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#FEELGOOD
PLUS-SIZE
Yours
Clothing

we!

crowned your winners



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MARKS &
SPENCER

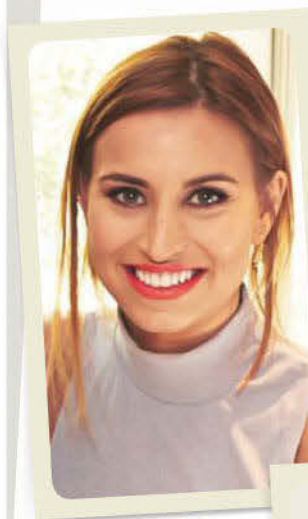


BEST
#FEELGOOD
JEANS
Topshop

Topshop PR
Kate McGivern

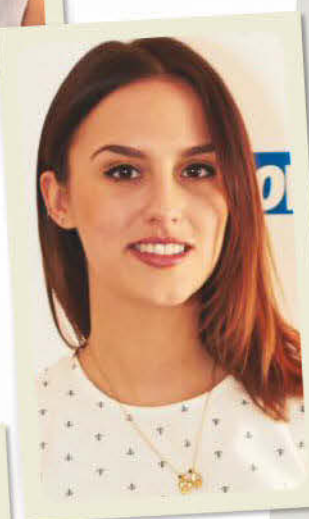
#CelebTalk

The stars talk FGFA's – and what makes them #FeelGood...



FERNE MCCANN:
'It's so important for brands to be rewarded by Now readers who love the high street – much like myself! It was a great day. My #FeelGood item? My ASOS leather jacket – it always looks cool but classy.'

LUCY WATSON:
'Going to an awards that's solely voted for by readers is great. It was a fab event – and they served a great breakfast, too! My #FeelGood item is a high-waisted skirt.'



ZOE HARDMAN:
'Now magazine has a brilliant fashion section and this is just a lovely way of getting together to celebrate clothes we actually wear! And eat pastries – that was good too!'



WATCH NOW See what Sam Faiers and co had to say – plus they spill open their handbags! – only at nowmagazine.co.uk

TURN FOR MORE FROM THE
FEELGOOD FASHION AWARDS

Exact

Here's what the celebs wore to cheer on their fave high street



ROXIE IN ZARA

Stylist Roxie Nafousi looked darling in denim – a key piece for the season. Styled with a simple blouse and white pumps for bonus points.

£29.99
ZARA

TIFFANY IN ZARA

MIC cast member Tiffany Watson rocked a star-cut dress at Now's first Feel Good Fashion Awards, held at Fortnum & Mason last week.

£59.99
ZARA



FERNE IN PRETTY LITTLE THING

Foxy and fashionable TOWIE star Ferne McCann mixed up her monochrome trousers with a simple poloneck. Fashion and functional? Good work, Ferne!

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ASOS

£10
PRETTYLITTLE
THING.COM

£25
PRETTYLITTLE
THING.COM



Match

fashion brands...



SAM IN COAST

Reality star Sam Faiers made sure she gave the windy weather the cold shoulder by mixing her strapless Very dress with a staple white coat.



£59
SAMANTHA FAIERS
FOR VERY.CO.UK

£165
COAST



LUCY IN LOUCHE

Ahoy, Lucy Watson! The MIC star worked an anchor-print blouse with a cute skirt.



£32
LOUCHE
AT JOY

£32
MOTEL



LILAH IN MARKS & SPENCER

Lovely Lilah Parsons looked gorgeous in spring pastels - teaming her sweater with a full skirt is bang on trend for 2015.



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Hollywood

The hottest news from over there is in here

Now

Courtney's COCO POPS(TAR)

Her daughter will be her wedding singer

Looks like Courtney Cox's upcoming wedding to Snow Patrol rocker Johnny McDaid, 38, is going to be more rock 'n' roll than the Brit Awards. Not only is chart-topper and Courtney's old lodger/BFF Ed Sheeran thought to be taking on a role as usher, but daughter Coco will also be taking on a big

responsibility as wedding singer!

Courtney, 50, revealed that 10-year-old Coco – whose dad is actor David Arquette – has been taking singing lessons in preparation for the big day. 'She will perform,' admitted the

former *Friends* star, adding: 'She spends more time thinking about the wedding than I do!'

Courtney and Johnny met in 2013 and plan to tie the knot in Ireland. Pretty local for us – we'll dust off our hats, then...

Bride's family to the left... *Sigh*



Can I at least do backing vocals?



OMG, this is my big break!



He can fix our carburettor any time he likes!

Liam saves the day

Liam Neeson isn't just a hero on the big screen – he's one in real life, too.

Stateside sources have revealed that the 62-year-old star was cruising through LA in a limo when he noticed two girls whose car had broken down.

Liam ordered his driver to stop the car, before hopping out and attempting to fix the vehicle himself. After several failed attempts, Liam called a mechanic and had the girls chauffeur-driven to their party destination. We bet those ladies were pinching themselves hard!



Nori's app happy!

Adorable North West is a right little whiz with technology. The 21-month-old daughter of Kim Kardashian, 34, and Kanye West, 37, has apparently been playing around with her parents' iPad and is practically a child genius! According to US reports, North's favourite apps are *Animal Match*, *Shape Builder* and *Birthday Party Playtime*, which lets kids plan their own parties and share cake with their friends. Oh Nori, could you be any cuter?

TURN FOR MORE ➡

Outdoor toys at



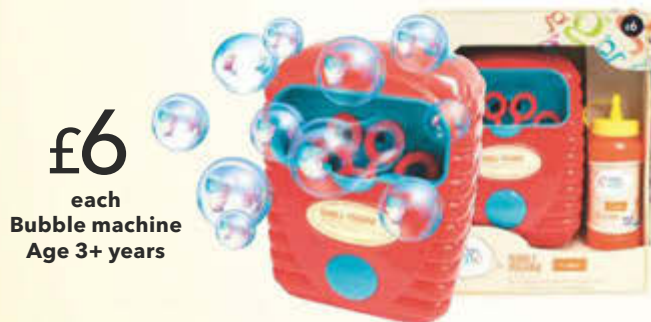
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Age 3+ years



£6
each
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£6
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Big bro Beckham looks out for his younger siblings



Now THAT's a group hug

Stars' adorable family snaps

Kids' Choice Awards was a family affair

Despite Angelina Jolie's heartbreaking confession last month that she'd had her ovaries removed in a bid to avoid developing cancer, Ange, 39, was all smiles at the Nickelodeon Kids' Choice Awards in LA. The star was snapped hugging eldest daughters Zahara, 10, and Shiloh, eight.

The oldest Beckham boy, 16-year-old Brooklyn, also attended the ceremony flaunting serious swagger in black shades and an unbuttoned shirt. Ever the mummy's boy, though, he kept a protective arm around younger brothers Romeo, 12, and Cruz, 10. Looks like he's going to be the perfect gent – just like his dad.

AND THE GENIUS AWARD GOES TO...

Gwyneth Paltrow

...er, sort of!

We never had Gwyneth down as a deep thinker – until now. The actress has pretty much admitted she has nothing in common with us normal folk, apart from this: 'We're all in a physical body with beating hearts.' Er, OK. Gwyn, 42, also claims she's 'incredibly close to the common woman.' Hmm, judging by her lifestyle website Goop (running shorts for £440, anyone?) we're not so sure.



I'm just a regular gal, y'know



'Ere, keep that noise down!



Bloomin' bonkers

Orlando Bloom, 38, must be the only person who *doesn't* want to be Taylor Swift's neighbour. US reports claim the actor sold his £3.6 million Manhattan loft apartment in a bid to get away from everyone buzzing around Taylor, 25, at her pad. Anything for a quiet life, eh?

Stinky business

We knew she was minted, but heiress Paris Hilton, 34, is said to have made over £1.3 billion from her fragrance collection alone. Wowzer! Paris, who's released 17 scents in 10 years, revealed: 'I would say the success speaks for itself.' Too right.



Nat's food for thought

Natalie Portman has revealed her favourite way to unwind is to watch cookery shows. Don't expect her to be whipping up any dishes though. 'I don't cook the recipes – I just watch them. I'm very lazy,' says Nat, 33.

Down + dirty with the MIC boys!

They may have posh voices and rich parents, but the Made In Chelsea lads are far from well-behaved

We've seen them partying on yachts and beaches, in private villas and penthouses, everywhere from New York to the Cotswolds, so it's fair to say that the Made In Chelsea crowd know a thing or two about letting loose. But could we get the boys to dress down and 'fess up? Yep, we could!

Stevie Johnson, 26, Josh Patterson, 25, Sam Thompson,

22, and new cast members James Dunmore, 25, and Elliot Cross, 24, happily swapped chinos, blazers and loafers for bandanas, denim and ripped shirts – and frankly they've never looked better. In between scoffing crisps, posing on top of car bonnets and generally making fun of each other's casual attire, we grill the Chelsea lads on all the dirt from SW3 – on and off camera. Whoever said posh boys were good boys?

JAMES

STEVIE



Stevie's 'happy to be settled' with girlfriend Cressida

Stevie: 'I

What's the messiest night out you've ever had?

On my birthday when I was at uni my friends made me drink a Dirty Pint, where they fill a pint glass with different spirits and whatever else they want. I threw up into an ice bucket. Then a stripper turned up. I was a mess.

THE BIG INTERVIEW

ELLIOT

JOSH

SAM

get lap dances at strip clubs'

Have you been to a strip club?

Yes. I wouldn't recommend going regularly, but popping in for a lap dance every couple of years is OK. I went to one in Newcastle recently for my brother's stag do.

Would you ever date a stripper?

I get quite jealous, so I wouldn't want my girl getting up in someone else's grill.

What are your turn-offs in a girl?

Girls who take themselves too seriously and wear too much

make-up. I say that as I'm wiping make-up off my own face.

There's a lot of cheating on the show. Does your girlfriend Cressida Stewart trust you?

Yes. I've played the field before, but I'm happy to be settled now. I adore her so much. We get a lot of attention when we go out, but she's pretty relaxed and trusts me.

Did you sleep around at uni?

My friends said I wasn't successful with girls, but I was.

They called me 'the cuddler' because apparently I'd always bring girls home but just cuddle them. That's what *they* thought!

Is sex better in a relationship or on a one-night stand?

In a relationship, definitely. You know what each other want and it's more intimate.

TURN FOR MORE ➡

James: 'Chelsea has the best looking girls'

So, Chelsea newbie, have you hooked up with any of your co-stars yet?

No comment! I'm single and Chelsea has the best looking girls. I like a girly, glamorous girl as opposed to an edgy girl.

Are you a boobs or bum man?

Both! I like a toned body, so I like a girl who works out. Most of my exes have been blonde. I'm picky when it comes to women and have quite high standards. I even pick up on their shoes and handbags.

What's your relationship history?

I've had two long-term relationships and I'm not a serial dater. If a nice girl comes along, that's great, but I don't go out looking for anything.

Have you had your heartbroken?

I got cheated on. But let's brush over that.

She's obviously a fool!

I agree! It was a few years



Binky Felstead and Lucy Watson – just two of MIC's good-looking girls

ago. Now I know how it feels, I'd never cheat on anyone. I've had a couple of serious relationships.

What's the best way to chat you up?

I'm very standoffish. I think girls like arrogance. It would put me off if she slept with me on the first date – I like the chase. But

I don't go on many dates.

How did you get involved in the show?

I'm from Bedfordshire and after uni I set up my own business from home. I moved to London two years ago because all my mates were there working in finance. That's how I met Jamie Lang, JP [Josh Patterson] and Elliot. The London party scene's definitely better than in Bedfordshire!

Josh: 'My always wa to get back with me'

How's it going with you and Stephanie Pratt?

We're living together and it's brilliant. We're only six months in, but I always move quickly with girls. After six months I normally pull the plug and freak out over commitment issues. But Stephanie's different.

Are you going to propose soon?

Not soon! I definitely want to get married one day, though.

Have you met Steph's family yet?

Yep, in LA. I was terrified of meeting her brother Spencer but he couldn't have been more normal.

Have you ever been dumped?

Never. I always break up with them. They hate me at first, then months down the line we're friends. They usually want to get back with me.

What was your pulling tactic when you were single?

I'd never chat a girl up. I'm so scared of rejection I could never do it.

When did you lose your virginity?

With my girlfriend when I was 16. I wanted to wait, not sleep with a random girl. Guys are more sensitive than people think.

Sam: 'I regret everything I do on

Who's the best MIC cast member to party with?

Spencer [Matthews], pre-girlfriend. He doesn't drink now that he's with Lauren Hutton, but oh my God we used to have so much fun.

Didn't he have an orgy with Alex Mytton? Have you ever had one?

No comment.

A threesome?

Yeah, I've had loads. Not with Spenny. With other mates.

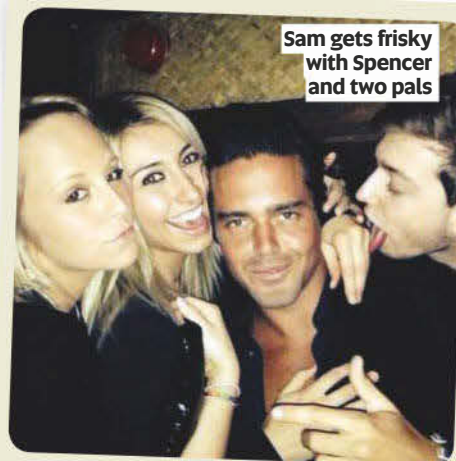
Wow! Would you judge a girl for sleeping with you on the first date?

Well, one-night stands are fun, but if I like a girl I want to chase her – like a Pokémon game. It's a bit weird to go on a date if I've already slept with you.

Have you ever done anything on the show that you've regretted?

I regret everything. Probably the worst thing

I did was lunging at Fran [Newman-Young] a few minutes into our first date. I was really nervous and I'd had a



Sam gets frisky with Spencer and two pals

exes
ant
k



Made In Chelsea!

few drinks beforehand!

Are you a fun guy to party with?

I'm outrageous when I get drunk. I'm the guy who doesn't want the party to stop. I'm really energetic. I've blown a grand on a night out once. I used to be that knob who'd pour drinks on my head, too. I don't know why.

Have you ever been arrested?

No, but on my mate's 18th birthday we got drunk and

raced each other in abandoned trollies. It was 4am and a policeman shouted at us from a megaphone to get out of the trollies. We did.

Do you meet more girls now you're on TV?

Of course! I'm still rejected by women all the time, though. And I'm the worst texter ever. I've ruined potential dates with so many hot girls because I've just forgotten to reply to their texts.

Elliot: 'I've never had a serious relationship'

Welcome to MIC! Are you enjoying it?

I haven't seen myself on camera yet, so I feel OK about it all. But I might regret everything I've done when it airs. James, JP and I live together off the Kings Road, so we're all newbies.

Do you have wild house parties?

We've got a mannequin punchbag and everyone loves to beat the crap out of it at our parties. It's good fun.

Are you single?

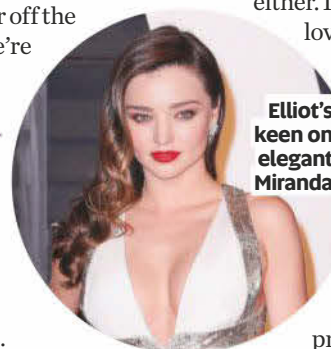
Yes. I fancy all the girls on the show – they're all attractive.

Who's your ideal woman?

Miranda Kerr. I like girls who look elegant.

Ever had a one-night stand?

No, I don't sleep around. I've never had a serious relationship either. I thought I was in love once, but I'm not sure now. I don't like to label anything because it's too much pressure. And I've never introduced a girlfriend to my mum – she's so protective she'd grill anyone I brought home! When it happens, she'll have to be a strong candidate. I'm a nice guy and a gentleman, though. I've never stood a girl up and I'd always pay on the first date.



Made In Chelsea returns to E4 at 9pm on 13 April

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Jess Wright

'Dan's a lovely boy – we're taking it slow'

We talk TOWIE, love and marriage

It's been a hectic eight months for Jessica Wright – but after her split with Ricky Rayment she's got a new outlook, a new man and a new fashion venture as the first celebrity face of Ann Summers' swimwear collection. We catch up with Jess, 29, to talk love and life through the TOWIE lens...

How's your new romance with Dan Edgar going, Jess?

I'm very much single. I don't want to be with anyone – I want to be alone. We've been dating a bit, on and off camera, but we're taking it really slow.

But the chemistry between you two is insane!

[Smiles] He's a lovely boy. He's so sweet, laid-back and kind. And calm, which is so refreshing! I feel like I can be myself and I'm very happy. There's no stress or worries. Let's see what happens.

So have you spoken to your ex Ricky recently?

No. It's just irrelevant. That's all in the past and I just want to focus on going forward.

Are you excited about your brother Mark's wedding to Michelle Keegan next month?

Of course. My bridesmaid dress



With 'sweet, laid-back, kind and calm' Dan Edgar

is gorgeous. I'm so happy for them.

You and Ricky talked marriage. Do you want a wedding one day?

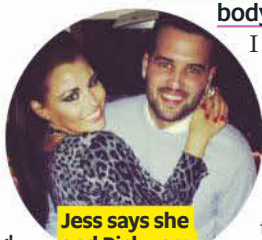
Well, *he* talked about it. I look at Mark and Michelle's relationship and it's so lovely. I'm sure it'll happen for me one day.

You look amazing. Do you feel body confident?

I didn't for a long time, then last year I stepped up my fitness. Before that, I'd work out half-heartedly and not get results. I stayed in all the time and ate crap. Getting a personal trainer who motivates me was the starting point.

How did you become the face of Ann Summers swimwear?

I've always wanted to do it and it's been in the pipeline for eight months. I've had a hand in designing the line – choosing colours, materials and patterns. There are 15 pieces, including bandeaus for bigger boobs and push-ups for smaller boobs. Just in time for summer!



Jess says she and Ricky are 'all in the past'

'I WASN'T BODY CONFIDENT FOR A LONG TIME'



GAME OF THRONES' DARKEST SECRETS

As the hit TV show returns, we count down 21 juicy facts

It's the world's most talked-about TV show, so to say there's an air of excitement about the fifth series of Game Of Thrones would be an understatement. The fantasy drama – which has made global stars of Emilia Clarke, Kit Harington and Peter Dinklage, to name just a few – has been nothing short of a phenomenon. The fourth series premiere was watched by 1.2 million people in the UK and 8.2 million in the US. And with kings, queens, big-budget fight scenes, violent wars, brutal murders, orgies, incest and adultery, what's not to love? The drama behind the scenes might not be quite as explosive, but these juicy secrets about the show and its cast members will have you more excited for the new series than the thought of a naked Jon Snow.



1

FOLK STAR AIDAN

Think you recognise schemer Littlefinger? You're right – actor Aidan Gillen's TV breakthrough came when he played Stuart in Channel 4's groundbreaking gay drama *Queer As Folk* in 1999.





SECRETS REVEALED

2 HODOR'S A GAY DJ

Hodor doesn't say much in the show. But the actor who plays him, 6ft 10in Kristian Nairn, is gay and very happy to talk about it. 'I've never hidden my sexuality from anyone my whole life and I've been waiting for someone to ask me about it in an interview!' he said in 2014. He's also a successful DJ who's worked with the Scissor Sisters.



3 SPEAKING IN TONGUES

The aggressive-sounding Dothraki language was created by a linguist called David J Peterson. So far it has 3,700 words and he says he's worked out '90 per cent' of the grammar.

4 ROCK STAR CAMEOS

Snow Patrol's Gary Lightbody was in a gang who captured Brienne of Tarth and Jaime Lannister, while Coldplay drummer Will Champion was in a group of musicians who performed at the infamous Red Wedding.



TURN FOR MORE ➡

Now 00

5

DOC-RAKI

Back in 2009, Emilia Clarke got her first TV acting role on BBC1 daytime soap *Doctors*. She played the role of Saskia Mayer for a single episode.



6

Khaleesi is now a popular name for children. The Mother of Dragons, played by Emilia Clarke, is so popular more than 160 US babies were given the name in 2012.



7

KIT'S REAL-LIFE ROYALTY! (SORT OF)

Aristocratic ancestors of Kit Harington, who plays Jon Snow, include Sir Richard Harington, the 12th Baronet Harington; Henry Dundas, 1st Viscount Melville; and Sir William Molesworth, 6th Baronet.



9

THE END IS NIGH

The end of GOT has already been planned. Author George R.R. Martin has told the show's producers in case he dies before he finishes the books. But some fans have worked it out. George said: 'One or two readers put together the extremely subtle and obscure clues and came to the right solution.'

10

LILY TOKES THE MICK OUT OF ALFIE

Alfie Allen (Theon Greyjoy) had a song written about him by his famous sister Lily. Called Alfie, it pokes fun at how much weed he smoked.

NOT FAMILY ENTERTAINMENT

Lily was nearly cast in GOT, too. She was asked if she'd play Yara Greyjoy, sister of Alfie's character Theon. But when she discovered the pair had an incestuous relationship, Lil declined. She said: 'Once they told me what was involved I said no thanks!'

11

8

PETA PETER

Peter Dinklage is a vegan and the huge amounts of meat his character Tyrion Lannister devours are all fake. He's even made a video for animal rights group PETA, encouraging people to become vegans.



12

GWEN'S BIRTHDAY MYSTERY

Gwendoline Christie, who plays Brienne of Tarth, doesn't know her birthday. She only knows she was born in 1978. And she's reportedly dating fashion designer Giles Deacon.



13

WHAT THE DICKENS

Some of the cast have very famous relatives. Robb Stark's wife Talisa was played by Charlie Chaplin's granddaughter Oona Chaplin. Harry Lloyd (Viserys Targaryen) is the great-great-great grandson of Charles Dickens.



TURN FOR MORE ➡

NOW ON

14

POPPING UP IN POTTER

Many GOT stars have also appeared in the Harry Potter films. Michelle Fairley (Catelyn Stark) was Mrs Granger; David Bradley (Walder Frey) played Argus Filch; and Ciarán Hinds (Mance Rayder) was Aberforth Dumbledore. In total, nine GOT actors also popped up in Potter.



15

JOFF WITH HIS HEAD!

Jack Gleeson, who played the show's most-hated character King Joffrey, has retired from acting and plans to work for charities. He said: 'I just stopped enjoying it as much as I used to.' We hope GOT didn't put him off!

16

RAISED BY WOLVES

Sophie Turner (Sansa Stark) has adopted her on-screen pet wolf! OK, it's not actually a wolf, but the 'direwolf' – real name Zunni – was taken home by Sophie after the show.





18

MULTI-TALENTED IWAN

Not content with playing the evil Ramsay Snow, Iwan Rheon spends his spare time as a singer. He's even released an album called Dinard. He's also appeared on TV in Vicious alongside Ian McKellen and in the sci-fi series Misfits.

19

ALL GROWN UP ACTUALLY

Remember the little boy in Love Actually who encourages his grieving dad (Liam Neeson) to get back on the dating scene? That was Thomas Brodie-Sangster, who plays psychic Jojen.



17

GAME OVER (ALMOST)

Game Of Thrones was nearly dropped. Sophie Turner revealed the original GOT pilot was so awful the show nearly didn't get commissioned. She said: 'We had to reshoot basically all of it because it was really bad. HBO almost said no.'

20

FAMILY GUY'S EX-GF

Emilia Clarke dated Family Guy creator Seth MacFarlane from 2012 to 2013. She was then rumoured to be dating her GOT co-star Kit Harington, but he denied it.



21

Richard Madden (Robb Stark) has been dating Doctor Who star Jenna Coleman since 2011. The couple recently appeared at the premiere of his new movie Cinderella.



Game Of Thrones returns to Sky Atlantic at 9pm on 13 April



Celebrity PHOTOBO

JOE JONAS,
DEMI LOVATO
& NICK JONAS

How did Joe deal with
the awkwardness of
his ex sitting next
to his brother?

Photobomb, obvs...

KEITH LEMON
& HOLLY
WILLOUGHBY

Let's be fair, this isn't the worst thing Keith has ever done to Willobooby. In fact, compared to what he puts her through on *Celebrity Juice*, a photobomb is pretty mild.





BENEDICT CUMBERBATCH & U2

Bono and co may take themselves more seriously than God, but it's nothing some jazz hands from Benedict won't fix.



SPENCER MATTHEWS & HUGO TAYLOR

Newsflash! Posh folk are not immune to a photo op! We can't help wonder if Spencer's using this chance to show Hugo how he really feels...

CUMBERS



CHRIS O'DOWD & LAURA WHITMORE

Is Laura being haunted by a bearded ghost in a suit? No sillies, it's just comedy Chris being a total nuisance.

Oh behave, would you?



JENNIFER LAWRENCE & TAYLOR SWIFT

We're not sure what's funnier – Jen's face or the fact she's not letting her huge Dior gown get in the way of her photobomb endeavours.

Before they were famous

Matt Smith

He's gone from TV icon to Hollywood star after his sporting dream ended

'Football is my passion'

He was the youngest – and hottest – Doctor

Who ever, has won rave reviews for his stage work and even directed his own TV film *Cargese*. And now Matt Smith's officially breaking Hollywood in the role of Bully in Ryan Gosling's directorial debut *Lost River*. He's a certified superstar. But who's the man behind *Who*?

Born in Northampton on 28 October 1982, Matt wanted to be a professional footballer – and got extremely close. After captaining his school team at Northampton School for Boys, aged 10 he was scouted by Northampton Town,

then played in Nottingham Forest's under-13s side. After a couple of years, he joined Leicester City.

However, at 16 the back injury spondylolysis ended his dream. He says: 'It was depressing. My dad, God love him, would pick me up from school every day, drive me to Leicester to have treatment on my back, then drive me home. He sacrificed a lot for me.'

Matt then threw his energy into acting. His GCSE drama teacher Matt Evans says: 'My lasting memory of Matt is him burning down the drama studio. He came running in, shouting: "Sir, the studio's on fire." You

He played for Nottingham Forest's junior team as a boy

As a toddler, Matt hadn't worked out the relative dimensions of a flat cap

With his elder sister Laura Jayne, dad Dave and mum Lynne

'I DIDN'T WATCH DOCTOR WHO'

never knew when Matt was acting or being serious, so I told him not to be stupid. Within 10 seconds, smoke was coming down the corridor.'

Matt joined the National Youth Theatre, then studied drama and creative writing at the University of East Anglia. Around that time he had his 'worst job ever' as a glass collector in a pub. 'I had to brush sick off the carpet on my first day, which was pretty horrendous,' he recalls.

He graduated in 2003 and kicked off his acting career. 'With the greatest respect to footballers, I think life as an actor is probably more enriched,' he says. 'I have more freedom to be myself. But football is my passion.'

Matt's TV break came in 2006 as Jim Taylor in the BBC1 drama *The Ruby In The Smoke*, with Billie Piper (they were later pictured holding hands at a Surrey fête). In 2007, he starred in BBC2 drama *Party Animals*, then returned to the stage in the play *That Face* and in 2008 was nominated as Best Newcomer in the Evening Standard Theatre Awards.

The performance also led to his career-defining role.

On 3 January 2009, at just 26, he was revealed as the 11th Doctor, replacing David Tennant. 'I'd caught bits of Doctor Who, but never really watched it,' he says. 'I told my mum and dad I'd auditioned and they wrote it off because I wouldn't get it. Three

weeks later, I did get it. I rang my dad and said: "Call me the Doctor." He said: "Why, are you sick?"'

Matt played the iconic role for three years, saying it was an 'honour'. But it also brought his private life into the spotlight. In 2010, when asked about his ideal woman, he said: 'Daisy Lowe is taken, so that's out of the question. She's a pretty lady.' That year, they met at a festival, with Daisy – now

single – fully aware of what he'd said. 'She'd got wind of it,' Matt said. 'She knew a friend of mine and we swapped numbers.'

The couple split 18 months later, amid rumours he was reluctant to commit. He's now dating Cinderella star Lily James, 25. A beautiful girlfriend and a glittering career? Matt may not be the Doctor any more, but everyone knows Who he is.



2006
Matt's fête date with Billie Piper



2015
He and Lily James go public with their relationship in Milan



2010
Daisy Lowe was his romantic companion for 18 months

Matt's acting regenerations



DOCTOR WHO

Time and space travel from 2010 to 2014, with Arthur Darvill and Karen Gillan.



THAT FACE

His 2008 cross-dressing stage role with Lindsay Duncan got him noticed.



LOST RIVER

Crop-haired Matt in Ryan Gosling's new film, at cinemas from 16 April.



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InstaGlam

THIS WEEK'S LUST-HAVE

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17

They're baaack! Get your posh fix with Now's pick of the 17 things Made In Chelsea's taught us

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1 Case: en pointe

You may be fielding milli-yarns of important phone calls, yar – but at least you can have some civilian-style fun while you're at it. Smef-smef-what-what, etc.



2

Tea total

Builder's brew won't wash with this lot! Strip Teas (stripteas.com) are MIC's hot beverage of choice – they even help you keep trim, too.



4

Swish swimwear

Whether you're off to Lisbon or your local lido, a bold bikini will ensure all eyes are on you.



5

Shop 'til you drop

When you're Chelsea born and bred, shopping is practically a full-time job. Only you'll be doing it all in heels, obvs.

MARK-FRANCIS VANDELLI & VICTORIA BAKER-HARBER



Gap yah jewels

Fiiine, your gap yah jaunt involved stays in five-star hotels (Daddy does own half of Asia, after all) but stacking up on jangly jewellery will at least give you the backpacker 'look'.

3



Uber-high heels

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6

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PRESCRIPTION
THE AMBER BOOST,
PRESCRIPTION.
CO.UK

Bog standard OJ is sooo 2014, donchaknow? Give yourself a designer detox with one of these mega-healthy MIC-approved organic juices instead.

8

Glossy posse

Whether it's gothic black or art school brights, perfectly polished talons are a must.



£12.50
ASOS SCENTED
NAIL POLISH OF
THE WEEK SET,
ASOS.COM

#BigHairDOcare

With these extra-large rollers you'll have everyone thinking you've got enough cash for a weekly blow-dry at K-Middy's London salon, darlink.



£4.99
BABYLISS AT
SUPERDRUG



9

LOUISE
THOMPSON

CHELSEA UNZIPPED!



NOT SO POSH NOSH

There's nothing the MIC lot love more than a good ol' fry up. Hash browns? Fash browns more like...

HIGH ST HIGH FIVE

She might adore Gianvito Rossi, but Rosie Fortescue still can't resist a pair of high street heels (or flats).

£50
OFFICE



BAG LADIES

Thought the MIC girls were designer-bag-obsessed? Think again! Former MIC cast member Millie Mackintosh told Now she's actually a huge fan of Kings Road store Vanilla Paris, which sells could-be-designer bags for around £100! Oh and Binky Felstead's a fan, too...



£150
VANILLA PARIS



£99
VANILLA PARIS



£99
VANILLA PARIS

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Accessorise all areas

10

The MIC pack love splurging on high street clothes + knockout accessories. The good news? You don't need a Chelsea bank balance to steal their style...

12

Super-sized shades



£16.50
ACCESSORYO.COM

With all those paps chasing you down the Kings Road, you'll need stylish shades to hide your eyes. Bonus: they'll cover your champs hangover, too!

11

Ladies what lunch

Even Binky Felstead can't resist a trusty Pret sanger. Look, who needs afternoon tea at The Ritz anyway, right?



M-F'S WISE WORDS

Way before Lucy Watson's eye rolls, Mark-Francis's one liners were the answer to, well, everything

'An overly tanned stomach is never chic.'

'Darling, you must come in for a restorative glass of champagne.'

'I once knew someone who had a sleeping bag. The moment I found out, that friendship was over.'

'It's looking a bit – dare I say it – beige.'

'I have a totally different wardrobe for St Tropez than I do for Sardinia or Cannes.'

'Nando's? I thought it was a wine bar.'

'There's nothing more depressing than going to a dinner party where there are no flowers.'

'Unless you have a family tiara, you don't wear one.'

'I always think black and white is best for the sartorially challenged.'

Words and styling: Hannah Eichler



ROSIE FORTESCUE

Hair-ess

Even heiresses have bad hair days. Mask your mane with a so-fash fedora à la Rosie. Perfect for in-between blow-dries. Add posh pout at your leisure.

13



£16
ASOS.COM

14

Daddy, I want a magic pony

Who needs a horse? A unicorn is FAR superior. Look the part with princessy pieces like this.



£19
MR BLANC TEETH WHITENING STRIPS

17

Pearls

You've got the diamonds, now for the pearly whites – thanks to Mr Blanc teeth whitening strips as VERY BLATANTLY SHARED on the cast's Instagram feeds. *Tooth-ting*

15

Think pink

When Steph Pratt joined the cast it was like California Barbie had arrived. Get the look with girly pink and plenty of it.



£35
ALDO

Designer double!

16

Personal trainer

Even posh feet need a rest sometimes, so slip into these sneakers for weekend downtime.

£65
CATH KIDSTON FOR GOLA



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Get 4 points per £1



advantage card



order &
collect



let's feel good

Order by 6pm today and collect in store tomorrow from midday at 2,300 stores.

Cheapest free. Selected haircare products. Exclusions apply, see in store for details. Available in larger Boots stores. Offer ends 14 April 2015. Subject to availability. Please see www.boots.com/ordertodaycollecttomorrow for full terms and conditions. Mon - Sat, geographical exclusions apply.

THE TORTOISESHELL TRESS-OVER

Ombre and balayage have given way to softer high- and lowlights in a trend nicknamed 'tortoiseshell'. To get the super-long, voluminous locks you'll need to apply clip-in extensions like Sam's here. Smooth the look with serum.



£190
FOR FULL
SET WHITNEY
MARIE DELUXE
BALAYAGE
EXTENSIONS

£12.95
ARGAN SECRET
PERFECT END

SAM FAIERS
adds volume
and colour with
Whitney Marie
extensions

THE 70S GRAD

Cheryl's new do is obvs the look of the summer and set to put her firmly back on the fashion radar. It was created 'on the spur of the moment' by Paul Percival of Percy & Reed. 'It's got a slightly 70s Joan Jett texture that keeps it cool,' he says. 'It's all about taking a little extra time when you first dry the hair. Apply a large ball of volumising mousse from roots to ends and, using a round brush or your fingers, be sure to lift the hair at the root while drying. Once the bounce is in it'll stay in. This grad cut really promotes volume in the crown, but to add more, spray a little hairspray onto your fingertips and massage the roots at the crown area.'



£12
PERCY & REED
THE PERFECT
BLOW DRY
MAKEOVER SPRAY

£25.99
NICKY CLARKE
SMOOTH AND SHINE
FRIZZ CONTROL HOT
AIR STYLER

**CHERYL
FERNANDEZ-
VERSINI**



NEW SEASON HAIR HACKS

Feel like breaking free of your hair rut? Try these commitment-free updates

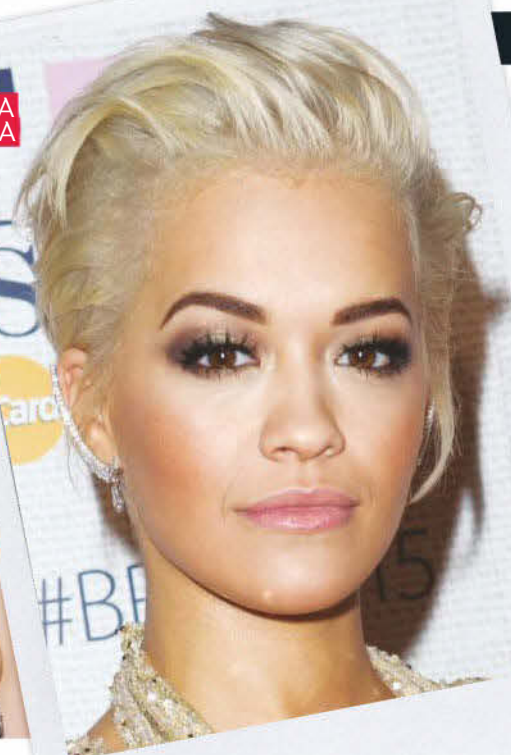


AFTER

**RITA
ORA**

**KATE
BOSWORTH**

BEFORE



THE B-SIDE PARTING

One of the quickest ways to revamp your look is to switch which side your parting is on. Mark Woolley, creative director at Electric Hair, says: 'Flipping sides creates twice as much volume – just take a comb and sweep over to the side. In this position it's also easy to work hair into a quiff, giving extra height at the front – simply add gel or secure with pins and you've got a fresh, updated look.'



£7.25
DENMAN WIDE TOOTH
DETANGLING COMB



£13.50
TIGI BED HEAD
MANIPULATOR

£2
CLAIRE'S



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BREAKTHROUGH
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ROSACEA

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**day lewis
Pharmacy**

 **+well**


**rowlands
pharmacy**

 **Superdrug**


let's feel good

*Average symptom improvement in 8 weeks. Data on file.



£9.99
STRAIGHTN'GO,
HIGHSTREETTV.COM

THE FAKE FRINGE

Adopt a side sweep, as seen on the Peter Pilotto runways during London Fashion Week. L'Oréal Professionnel stylist Anthony Turner prepped hair with a mixture of Tecni.ART PLI and mousse to create volume, then used his fingers to swish a deeply side-parted curve over the forehead, adding a small 'S' bend at the temple.



PETER PILOTTO

ALEXA CHUNG

is a fringe fan



£13.49
L'ORÉAL
PROFESSIONNEL
TECNI.ART PLI

THE KIMMY SWEEP

Beloved by Kim K, swept-back hair is a cinch. Celeb stylist Lou Teasdale says: 'Blow-dry hair back and away from the face with a flat paddle brush. Use straighteners to smooth and add sea salt spray through mid-lengths to add texture. Apply Fudge Urban Powder Styler to roots for extra height like Kim.'



KIM KARDASHIAN

Dark, then blonde, then dark again... We can't keep up

£11.95
AIRMOTION PRO
HAIRBRUSH

£6.99
FUDGE URBAN
POWDER
STYLER



THE FUTURE PONY

Prada recently showcased an updated pony. 'It's kind of 50s or 60s, but modern and futuristic too,' says Redken global creative director Guido, who styled the show. 'Start with a ball of mousse through damp hair and blow-dry upwards against the root. Pull it into a high ponytail in the middle of the head, cover the elastic with hair and flip the hair over into a little up-do, holding in place with a jewelled barrette. The loose ends give a feeling of youth and add to the modernity of the look.'



£5
CLAIRE'S



£18
JOHN LEWIS



£11.75
TESCO



£18
ASOS.COM



PRADA



£34.95
ROSIE FOX

THE FAUX BOB

The 'bad bob' is trending big style, with Jourdan Dunn, Sienna Miller and Emma Stone all going for shoulder-length chops. But you don't actually need scissors – try this cheat from Bradley Taylor, director of Taylor Taylor Worldwide. 'Start with a heat protection spray through the lengths of your hair,' he says. 'Then take a large round bristle brush and blow-dry it smooth and straight, with the ends rolling under. Backcomb a little at the roots of the underneath section. To give the impression of a shoulder-length bob, take sections of hair and fix the length with kirby grips all along the back of the head. Tuck hair behind the ears and make sure the grips don't show. Finish with plenty of hairspray.'

AMY ADAMS



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prevent breakage



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KATE UPTON

Her face, your budget

Celebrity make-up artist Marcos Gurgel reverse engineers model Kate's natural look

Starting with clean, moisturised skin, apply **1** Bobbi Brown Skin Smoothing Pore Perfector, £26, to your face with your fingertips, concentrating on areas where you have larger pores, such as your T-zone. Dot your favourite foundation over your face and blend with Real Techniques Miracle Complexion Sponge, £5.99, to create a flawless complexion.

To get Kate's fabulous brows, use **2** L'Oréal Brow Artiste Genius Kit, £9.99. Follow

the shape of your brows, filling any gaps and making it thicker if you wish. Apply two coats of **3** MUA Eye Define Lengthening Mascara, £3.

For Kate's rosy glow, apply **4** NYX Cream Blush in Glow, £5.99, to the apples of your cheeks with the same sponge. Finish with your fave sheer nude lipstick.



Beauty EDIT

Beauty Content Director **Jess Spiring** on this week's tips, tricks and trending products



#KINDOFABIGDEAL

From midnight on 12 April, visit QVC to get this set of Elemis top sellers for under £55 (usually £160)! It includes my fave face tanner Total Glow Bronzing Moisturiser (£29.50) and the Frangipani Monoi Shower Cream and Body Cream.



UNDER £55
ELEMIS EXOTIC TOP TO TOE COLLECTION, QVCUK.COM

SPLURGE VS STEAL



SPLURGE

Sandal-ready feet are made in spring, so start buffing now. This pedi device comes with a wet/dry brush, exfoliant cream and softening balm. Perfect.

£175

CLARISONIC PEDI SONIC FOOT TRANSFORMATION SYSTEM



STEAL

Buff away hard skin on your heels and toes with this battery-powered gadget from Scholl. It has a coarse roller to blitz tough areas.

£39.99

SCHOLL VELVET SMOOTH EXPRESS PEDI WITH DIAMOND CRYSTALS

Instagrammies

Model Malaika Firth shared her homemade avo mask on Insta last week. 'Avocado's loaded with vitamin E, healthy fats and antioxidants to keep skin smooth,' she says. For less mess, try a bargain Quick Fix Facials mask.



£4.99
QUICK FIX FACIALS MEGA MOISTURE GEL MASK



Want clearer skin? Try the 5:2 beauty regime, leaving your face make-up free for at least two days of the week.

I FEEL I CAN'T DO THIS

99% of people would buy a RESCUE® product again.*
So don't let life's obstacles get in the way of a good day.

Be cool, calm and collected with RESCUE® pastilles by your side.

*Online survey, February 2014, 338 people. RESCUE, RESCUE REMEDY and the BACH signature are registered trademarks of Bach Flower Remedies Ltd.



YOU & Improved

Health, heart, happiness – how to supersize your life

A new book on women's hormones says we should embrace premenstrual moodiness. Why? Because it lets us understand what's truly bugging us

The bitch is back

You know the drill. You cry, you crave carbs, you totally lose it with your man for forgetting the loo roll again. Yep, you're due on.

You can live with the tears. The kitchen cupboard raid you probably needed because your premenstrual metabolic needs are greater than usual. And the outbursts? Chalk that up to hormones. 'The closer we get to our period, the more likely it is the "bitch switch" is on,' says psychiatrist Dr Julie Holland. 'But it's not that we're getting upset over nothing. It's that

our levels of the "whatever you want" hormone oestrogen are much lower.

'But I say let it be a lesson to you – that perhaps you should be putting up with less all month long. The dissatisfaction that comes on a monthly schedule is a chance to make some necessary changes to how much you're giving, bending over backwards and stretching to meet everyone else's expectations. If you're feeling overwhelmed or underappreciated, chances are it's all true.'

Have a happier period

FEEL FREE TO FLAKE OUT

Craving chocolate is common because it boosts magnesium and serotonin, both low this time of the month. Swerve sugar and have milk, a banana, lentils or turkey instead.

MOVE YOUR ARSE

Cardio can lower PMS symptoms. Julie says: 'It's been shown to be as effective as antidepressants in improving mood and energy levels.'

TAKE A TRY-P

The supplement 5-HTP is a building block for happy hormone serotonin. Vitamin B6 is good to take, too.

GET JIGGY

Julie says: 'Weekly sex, with its pheromone exposure, means your periods are likely to be less painful.'

Extracted from *Moody Bitches* by Julie Holland (£12.99, Harper Thorsons)

TURN FOR MORE ➤➤

CHART OF TRUTH

What's the
**best time of
day** to do
everything?

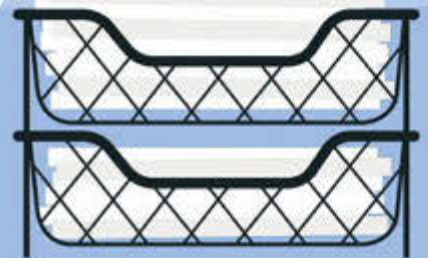
Timing is everything. Work with
your body's natural rhythms and
outsmart your to-do list

6am-9am **SET YOUR ALARM**

No more lie-ins. Sleep
hormone melatonin starts
to drop, so this is the
optimum time to wake
up. It's also a poor time
to exercise.

9am-12pm **POWER THROUGH YOUR IN-TRAY**

The stress hormone cortisol peaks
now. This is when you have
maximum alertness so it's the top
time to work. Your short-term
memory is also at its sharpest.



12pm-3pm **TAKE THE BUS**

One word: lunch. This is when your
gastric activity is highest – either
because you've just eaten or your
body's telling you it's time to.
There is a corresponding post-
lunch dip in alertness, making 2pm
the peak time for road accidents.



3pm-6pm **HIT THE GYM**

Core body
temperature
peaks now.
Your lung and
heart capacity
are highest and
your muscles are
6 per cent stronger
than at other times of the
day, so work out now.



6pm-9pm **WINE O'CLOCK**

Digestion of a big meal is less
effective at this time, but the
liver is more able to process
alcohol now than
at lunchtime.



9pm-12am **GET YOUR PJs ON**

Reduced light
stimulates the
production of
melatonin and
your core body
temperature drops.
Time to prepare
for bed.



12am-3am **MAKE SWEET MEMORIES**

Levels of melatonin peak,
attention span is at its
minimum and the
brain organises and
consolidates memories.



3am-6am **HAVE A BABY**

Your core temperature is low while
the body repairs itself. Severe
asthma attacks are more common.
Natural births tend to occur now.



ON TRIAL

Breakfast al desko

BEST FOR HUNGRY GIRLS

Amy's Kitchen Veggie Sausage Breakfast Sandwich, £2.49

Need something filling you can microwave in a flash? This tofu patty in a gluten-free bun is

a virtuous option. 'Totally delish,' says our tester.



BEST FOR CEREAL ADDICTS

Nomadic Oat Clusters & Natural Yogurt, £1.29

Creamy and low fat with crispy oats and freeze-dried fruit to sprinkle on top – our tester says: 'It's more filling than cereal.'



BEST FOR BEAUTY JUNKIES

Nosh Super Brekkie, £2.50

Super-healthy and made with quinoa, yogurt, fresh fruit and oats, this comes in four flavours, all under 200 calories. 'I really like the thick texture,' says our tester. 'They're so filling I didn't snack all day.'



If you don't drink enough water, it can leave you tired, listless and hungry. The iDrated app lets you set a target for each day and sends you alerts to ensure you're downing the right amount.



Inspo-gram

Log in

The only person you should ever compare yourself to is the person you used to be in the past. Keep moving forward, baby. You're killing em.

@MissJessWright_ A bit of competition can be healthy, especially if it's with yourself, eh, Jess?

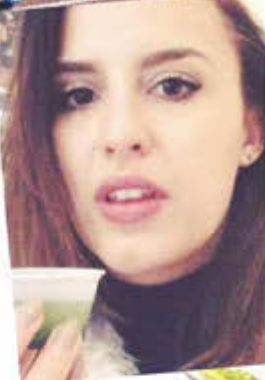


In honour of Made in Chelsea's return to our screens, here are three of the stars' health staples...

STEPHANIE PRATT perfects her complexion with omega 3. 'I swear by fish oil pills for the skin, hair and nails,' she says. **Try Wiley's Finest, £10**

LUCY WATSON recently posted a hilarious video of her grimacing as she downed a wheatgrass shot. The superfood is full of vitamins and minerals to boost immunity. **Try Urban Health Wheatgrass Sachets, £20.99**

LOUISE THOMPSON keeps her mouth fresh with flossing. 'I'm often filmed in restaurants, so I'm really conscious of what I eat and drink,' she says. 'I always carry floss picks so I can floss after I eat and freshen up.' **Try DenTek Floss Picks, £2**



ASK ANNABELLE



Q After five years and two babies, our love life has gone a bit flat. How can I get my man to be more assertive?

Tell him! Men are, for the most part, simple creatures.

They're not mind readers so never assume the odd hint will get through. They respond well to positive encouragement in the bedroom, so tell him when you like something he does.

If he's still not getting it, suggest sharing a fantasy. Write

down your ideal scenarios on a piece of paper and exchange them. You could elaborate by telling him how much it would turn you on to be totally submissive. Chances are that once he starts taking control a little bit, he'll get a taste for it.

Got something to ask Annabelle? We're giving away a free Lovehoney Magic Wand worth £49.99 to the reader whose question is featured. Send your sex questions to askannabelle@timeinc.com. We promise to keep your question anonymous.

TOAST THE ROAST



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Ben & Jerry's 500ML, Varieties As Stocked, RRP £5.25; Vina Maipo 75CL, Merlot/Sauvignon Blanc/Chardonnay/Cabernet Sauvignon, RRP £10.99; Independent Whole Chicken, 1.25KG, RRP £5. Offers available at participating stores only, excluding ROI, subject to availability. E & OE. N.B. Some variants may not be available in some stores.

We reserve the right to limit purchases of stock. Find your nearest store using the store locator on our website. Offers may exclude some smaller stores. Alcohol promotions are only for customers aged 18 years or over. Further information: drinkaware.co.uk

You & Improved Oh.My.Bod.

Presenter **Gaby Roslin**, 50, shares her top to toe health secrets

'I won't wear a bikini, but I still wear short skirts'

HEIGHT: 5 FT 8IN
SIZE: 8-10

What exercise do you do?
I go to the gym three or four times a week. I start on the bike, doing 5km. Then I do Pilates, which has helped me with problems with my back. I do free weights, kinesis [cable resistance exercise] and squats – fantastic for my butt. When I can't get to the gym I use an app that gives me a seven-minute workout.

What's your favourite body part?
I'm far better at saying my worst bit, which is my tummy! I've had two babies so I'm very proud of it, but I don't wear a bikini on the beach any more. I do wear short skirts, though – I don't need to hide my knees or legs. I'm fitter and happier now with my body than I was in my twenties.

Do you have any diet tips?
Well, it's all about living healthily, so I don't believe in diets. But I do juice at least once a week, especially if I've been a bit naughty. My favourite is apple, beetroot, carrot and ginger.

What's your guilty pleasure?
Alcohol! Vodka, prosecco and an aperol spritz in the summer. Then of course I have to have a bag of crisps...

How do you feel about cosmetic surgery?
Each to their own, but I choose not to have it. People are starting to look ridiculous with puffy cheeks and eyebrows that don't move.

Gaby hosts The National Lottery Live on BBC1 on Saturday evenings and her radio show is on BBC London at 3pm on Sundays

GABY'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet



Breakfast

I have warm water and lemon, then porridge made with water and blueberries.

OLLIE SAYS Oats are an excellent source of complex carbohydrates, while blueberries are packed full of powerful antioxidants.



297 cals

Lunch

Avocado, beetroot and quinoa salad.

OLLIE SAYS Beetroot contains nitrates, which increase blood vessel size allowing for greater oxygen flow – extremely useful when exercising hard. Quinoa contains essential amino acids and will keep you feeling full for longer.



456 cals

Dinner

Oven-baked fish with lemon juice, olive oil, cherry tomatoes and garlic, fresh greens and quinoa.

OLLIE SAYS Fish is high in protein and omega-3 fatty acids, essential for helping fight heart disease. Green veg is high in dietary fibre and antioxidants, essential for your digestive and immune system.



702 cals

Snacks

Almonds or walnuts, as well as some mixed seeds.

OLLIE SAYS Walnuts are high in powerful antioxidants and may aid diabetes control as they help lower fasting insulin levels.



320 cals

TOTAL CALS 1,775 (GDA 2,000)

VERDICT Gaby's eating is spot on – her balance between protein, fats and carbohydrates is perfect. Her diet includes high amounts of omega-3 – which most people lack – through avocados and nuts. At the same time, she's maximising her training benefits by refuelling with porridge oats and quinoa.

Follow Ollie on Twitter @Ollie_Frost

Now TRAVEL

SONAR FESTIVAL, BARCELONA

Hit the cosmopolitan city of Barcelona for the highlight of the electronic music calendar, the

legendary Sonar Festival. With headline acts including The Chemical Brothers, Hot Chip and Skrillex, this year's guaranteed to be another sellout. And what better place to celebrate the start of summer than in the heart of Barcelona? The festival takes place in June in Fira Montjuïc, where you can party from dawn 'til dusk – all from the top of a hill overlooking the beautiful city.

WHAT'S INCLUDED

**Departing 18 or 19 June
2015, the price includes:**

- Return flights to Barcelona
- Two nights' accommodation including breakfast
- Choice of Friday or Saturday ticket to the Sonar Festival

The festival overlooks the beautiful city of Barcelona

Two
nights
from
£259
per person

MAGALUF PARTY EXPERIENCE

Enjoy a clubbing experience like no other at Mallorca's liveliest resort: Magaluf. The brand-new BH Mallorca, opening this month, will bring you the world's biggest DJs performing at the island's only open-air festival venue. Keep the party going throughout the day at its ultimate party beach club, where you can listen to the hottest summer tunes, and lounge on the daybeds by the pool area, sipping a cocktail or enjoying a

massage while soaking up the sun. Within the complex you'll find the world's only over-18s waterpark, with exciting, hi-adrenaline slides including the Aqualoop, a 360-degree 'human roller coaster' which reaches speeds of up to 60kmh.

WHAT'S INCLUDED

**Departing June to July
2015, the price includes:**

- Return flights, taxes and transfers
- Three nights all-inclusive at the four-star Hotel BH Mallorca
- Free ticket for the waterpark
- Free pass to Island, an exclusive beach club
- Live performances metres from your room
- Rooms include free wi-fi and air-conditioning

Three
nights
from
£249
per person



**Call to book: 0800 368 6770 or visit
www.jetlineholidays.com/now**

Terms and conditions: Sonar Festival price based on departing 18 June 2015 from London Luton airport. Magaluf price based on departing 22 June 2015 from London Gatwick airport. Regional flights available at a supplement. Prices are starting prices only and per person. Sonar Festival price based on two sharing a room; Magaluf price based on three sharing a room. Subject to availability. Image used is for illustration purposes only. This offer is operated by Jetline Holidays, ABTA number J1693 and ATOL number 6153, whose booking conditions apply. Hotel rating is that of the supplier and may not be the official rating. We reserve the right to withdraw offers at any time. Travel restrictions, conditions and credit/debit card charges apply. Please ask at the time of booking for full details. Full balance is due 14 weeks prior to departure. Prices correct at time of going to press. When you respond, Time Inc. (UK) Ltd and other group companies may contact you with offers/services that may be of interest. Please give your mobile or email details if you wish to receive such offers by SMS or email. We will not give your details to other companies without your permission; please let us know if you are happy for us to do so.



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shore
thing!

Ahoy, me captain! Get your sea legs
and make like a sailor by adding
splashes of the ocean to your home

Living the **DREAM!**

Meet the girl from the Welsh Valleys who joined the British Army and hasn't looked back

During her 11-year career, Sarah, 28, has become a Sergeant, travelled the world, served three times in combat zones, married a woman, become a mum and landed a job with the Paras. Sarah reveals what Army life is like and why she loves it...

Why did you choose the Army?

I've wanted to be a soldier from the age of seven. I'd always been active and loved PE and football, plus I'd heard stories from my grandfather and auntie who'd been in the Army.

I left school at 16, went straight to the Army Careers Centre and, before I knew it, I was in basic training at Winchester, aged 17. It was challenging, but I wanted to be a soldier, so I was determined to succeed. I'm the only girl in my family so my mum was a bit sad I'd be leaving home but she was also proud – all my family is proud of me.

What's your specialism?

I work in Human Resources (HR), which is great because unlike other jobs where you stay with the same regiment or



'THE ARMY IS LIKE ONE BIG FAMILY'

corps, HR staff get posted to a different unit every three years. I could be with anyone from the Signals to the Paras. It's a brilliant way to see what the rest of the Army is about. So far, I've served with five regiments, and they all feel very different – the Paras are unusual because I'm one of only four women.

Have you been posted abroad?

Yes, I've served in Afghanistan twice and in Bosnia. The first time in Afghanistan was scary, but the second tour was about supporting people and winning hearts and minds. The travel

opportunities in the Army are fantastic. I've been to at least 15 countries, including skiing in Austria and playing football for my corps in South Africa, which was an amazing experience.

What do you love about being in the Army?

No two days are ever alike and there are so many chances to learn new skills, both in your specialism and as a soldier. I'm doing a Level 4 Diploma in Leadership and Management – a qualification that's just as useful in civilian life as in the Army. I've also made really



good friends for life. When I go back to the Valleys everyone is still doing the same thing while I'm living the dream!

What's it like for family life?

Brilliant – the Army offers stability with a secure home and wages. In 2010, I married my wife Katy, a civilian hair stylist. We now live in married quarters, with our daughter, Bea-Elizabeth, who's one.

Nobody treats us differently to anybody else – we go to balls and hang out together in the sergeants' mess just like any other couple. Because our accommodation is subsidised, we're also able to save for a deposit to buy our own house.

Equal opportunities in the Army are excellent as well, but it does mean I have to be ready to serve just like anyone else. Although I was there for Bea-Elizabeth's birth and had two weeks' paternity leave, I had a two-week exercise away when she was only four months old. Being away from Katy and Bea-Elizabeth is hard, but Katy is amazingly strong and she gets loads of support from the other wives she's become friends with. The Army is like one big family and I'm really proud to be part of it.

Find out more

Search 'army jobs' online for more info on a role to suit your skills.



Scopes

SATURDAY 11-FRIDAY 17 APRIL

Your week ahead with **David Wells**

You & Improved



EMMA WATSON

turns 25 on
15 April

IF IT'S YOUR BIRTHDAY THIS WEEK...

It's fun and games in your chart in abundance, Aries – whether that's about love, work, family or a new mountain bike is up to you. From August, things get serious at work and your knowledge is called upon, but at what price? If you feel you're doing more, ask for more money. Overseas angles are dominant from September – again, it's all about work, family and love.

ARIES 21 Mar-20 Apr

Taking the initiative is never a problem for you. But instead of being the first one to give things a go, be the one who finishes the job for a change. Be cautious because hasty moves lie ahead.

Smooth talkers are trouble. Call me.
UK: 0905 8171561* IRL: 1560 787901*

CANCER 21 Jun-22 Jul

Having set things in motion at work, you can at last begin to see things happening. But take your time. And if you're starting a new job, don't reveal all of your brilliance straight away.

Call for advice on relationship talks.
UK: 0905 8171564* IRL: 1560 787904*

LIBRA 23 Sep-22 Oct

Shifts in the cosmos are plentiful and it seems you're determined to move a money matter along, at least far enough for you to see the way out of a money pit. Your efforts pay off at long last, Libra.

Call to hear about intense love vibes.
UK: 0905 8171567* IRL: 1560 787907*

CAPRICORN 22 Dec-20 Jan

Pluto reverses in your sign, unpicking recent events to check they're really what you want. House moves and family are up first, so review recent choices and adjust to new information.

Venus brings love offers. Call me.
UK: 0905 8171570* IRL: 1560 787910*

TAURUS 21 Apr-21 May

Venus and Mercury ask what adds up and what doesn't. You may think they mean money because it's a strong focus right now, but perhaps there's more? Someone may be telling tales.

Call for more on truth and lies.
UK: 0905 8171562* IRL: 1560 787902*

LEO 23 Jul-22 Aug

A fantastic idea from a friend or colleague may bring more than something to chat about over a coffee. Take heed of what's being said as your ability to make dreams come true gets a boost.

Challenges create gains. Call me.
UK: 0905 8171565* IRL: 1560 787905*

SCORPIO 23 Oct-22 Nov

Feisty Mars in your love sky says farewell to voluptuous Venus as rich caramel tones are replaced with fierce, heated debate. It's nothing that'll faze you, but buckle up – it may be bumpy.

Call for more on deep truths.
UK: 0905 8171568* IRL: 1560 787908*

AQUARIUS 21 Jan-19 Feb

Dealing with someone who may not understand your need for independence isn't easy, but is it worth it? Have you invested too much time and effort already? Some difficult chats lie ahead.

Love or work? Call to hear more.
UK: 0905 8171571* IRL: 1560 787911*

GEMINI 22 May-20 Jun

Venus is a welcome visitor to your sign. The planet of love is standing in front of you – not whispering sweet nothings but shouting passionate somethings. All you need to do is flirt, Gemini.

Romance or raw desire? Call for more.
UK: 0905 8171563* IRL: 1560 787903*

VIRGO 23 Aug-22 Sep

Introductions, whether at work or your book club, are set to elevate your reputation. An improving picture begins with recognition of a job well done, with plenty more to come.

The tide is turning. Call for more.
UK: 0905 8171566* IRL: 1560 787906*

SAGITTARIUS 23 Nov-21 Dec

Any time Venus makes a move it shakes up our love life. For you, Sagittarius, her presence in your relationship sky pushes buttons that might release a flirty love conversation. Join in.

Will work bring love? Call for more.
UK: 0905 8171569* IRL: 1560 787909*

PISCES 20 Feb-20 Mar

Tough talking is beginning to pay off, so you can engage your softer, gentler side again. But don't let someone assume that means they're off the hook. Keep focused on change, Pisces.

Indulge your creative side – call me.
UK: 0905 8171572* IRL: 1560 787912*

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The Fix

What'll get
your pulse
racing
this week



A character who doesn't die in the books **WILL** be killed off in Series 5...

This series we get to meet the beautiful but ruthless Sand sisters – who carry whips. As you do.

GAME, SET *and match*



Sophie Turner, who plays Sansa Stark, defends the show's nude scenes.

'Women in medieval times didn't really have a huge say in the world. One of the main ways women can use what they have is through sex, so I think it's necessary they show that aspect,' she says.



Game Of Thrones,
Sky Atlantic, 9pm, 13 April

If you haven't yet got into Game Of Thrones, where the heck have you *been*? You've still got a few days left to cram in the first four series of the epic fantasy drama, based on George RR Martin's acclaimed books. In fact, you probably should because it's back

for a fifth series and it'll be the talk of the water cooler! For the rest of us, it's time to head back to Westeros and get reacquainted with swords, sex and Kit Harington's hair as rival families fight for the coveted Iron Throne. We can't wait. Frankly, this show's just about the best thing on TV. For more on Game Of Thrones, turn to p44!



Arya is now a popular baby name in the US.

India's making its own version of the show, titled Rani Mahal. Actress Sakshi Tanwar has already signed up to play the role of Daenerys Targaryen.



Parts of Series 5 were filmed in Seville, Spain, where the water in a fountain was dyed blue with ink.

A quickie with...

JULES KNIGHT

We chat to singer and actor Jules, 33, who plays dishy Dr Harry Tressler in *Holby City*

We hear you're leaving *Holby*, Jules...

I think it's time. I've got a great storyline to bow out on and I'm really excited about what I'm focusing on next – singing.

So what's going to happen to Harry?

I fall off the side of a building. My face gets all mashed up and I end up looking like the Elephant Man. I survive, but it's the end for Harry.

So you could return then?

Never say never. It's been great fun working with the cast and crew.

Bet you won't miss the blood and gore!

I've never been that squeamish. My mum hates all the blood, though!

You were in classical group Blake before *Holby*. Are you still in touch?

I'd like to be, but the other boys didn't take it well when I left the group. There were hard feelings. I'm still really fond of them – like brothers. I'd love to see them soon.

So tell us about your new album...

It crosses genres. There's musical theatre, but also big operatic numbers. There's Billy Joel and Peter Gabriel stuff and a song I did with Gary Barlow.

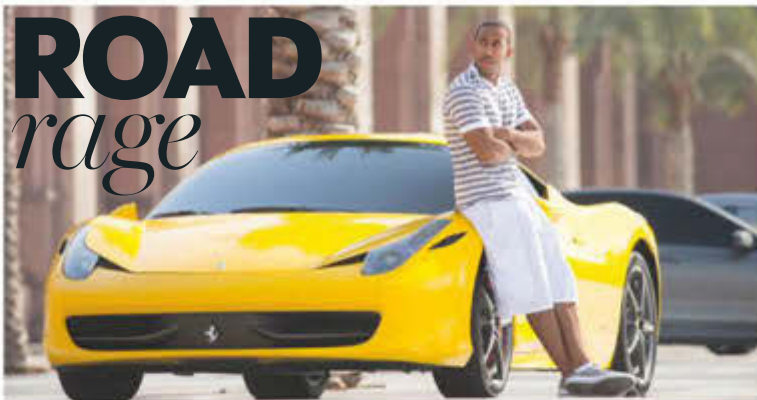
How was it working with Gary?

He's great – so modest. He once told me he wasn't much of a singer. He meant it. Pull the other one, Gary!

*Jules's album *Change Of Heart* is out on 20 April*



ROAD rage



Fast & Furious 7 At cinemas now

Can you believe we're up to the seventh instalment? It's even more poignant because it was Paul Walker's last film before he died in a car crash last year. The cast also includes Michelle Rodriguez and

Ludacris. The film certainly packs a punch, especially when Deckard Shaw (Jason Statham) seeks revenge on Dominic Toretto (Vin Diesel) for the death of his brother. You'll love this and so will your other half/dad/little brother.

THE HOT SPOT

What makes us sizzle or leaves us cold

SO NOW

Keith Lemon's Back To The Future Tribute

We're beyond excited for Keith's debut documentary in the autumn. It'll be all about Marty McFly and co to celebrate the film's 30th anniversary.

Claudi & Fin Greek Style Frozen Yoghurt Lollies

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An ice lolly with less than 60 calories? It would be rude not to. These bad boys are made from all-natural ingredients.

Hot Tub Time Machine 2

At cinemas 10 April

They've somehow

squeezed a second film out of the 'story', but we salute the sheer ridiculousness of it all.

The changing hair colour of Kim Kardashian

Can you please leave it the same shade for more than a week, Kim? We can't keep up.

TOWIE withdrawal

We can't believe it's over already! We miss Jake Hall and his cheekbones.

TV



FILM



SO NEVER

TV



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beaches and within walking
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TV

Chilling IN Chilling OUT

Geordie Shore

MTV, 10pm, 7 April

Whey aye, man! Our favourite Geordies are back for what the cast reckon is their most explosive series yet. Vicky Pattison may have gone, but will newbies Chloe Etherington and Nathan Henry bring the drama? You bet they will...

The Night Is Still Young by Nicki Minaj

Out 12 April

We're still stuck on Anaconda, but Nicki's moved on. She's on tour, too – does this lady ever stop? Her new single's a poppy affair that looks set to be one of this summer's biggest anthems.

SINGLE



Britain's Got Talent

ITV, 8pm, 11 April

Get your buzzers – and your high-waisted trousers – out as Simon Cowell, Alesha Dixon, Amanda Holden and David Walliams return with our fave talent show. We love the dancing dog shadow puppets.

TV



How To Juggle Without Balls by Karen Haddon

Out now

This ace book tells the seriously WTF story of a lady who overcame rape, became a single mum and ended up as a leading business figure in pyrotechnics. Inspiring.

BOOK



PLAY

Beautiful Thing

Nationwide until 25 July (beautthing.com)

Charlie Brooks (EastEnders) and Gerard McCarthy (Hollyoaks) star in this urban romance about two boys who fall in love. It's laugh out loud funny.

Barclaycard presents British Summer Time Hyde Park

London, 21 June

(bst-hydepark.com)

Kylie Minogue headlines the Sunday night at this series of brilliant gigs, with appearances by Chic and Grace Jones, too. So book your tickets now!

FESTIVAL



FILM



Kurt Cobain: Montage Of Heck

At cinemas 10 April

This seriously sad and moving documentary tells the story of Nirvana frontman Kurt Cobain, with lots of previously unseen video footage.

Lost River

At cinemas 10 April

Ryan Gosling has turned director and who better to cast in his film than his baby mama Eva Mendes? Christina Hendricks also stars in this movie about a secret underwater town.

FILM



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Letters & Emails

Wow CHANTELLE!

Chantelle Houghton's new body transformation is incredible. Just shows what you can do if you work at exercising and eating well. Katie, Huddersfield

EMAIL OF THE WEEK

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There are now more ways to win our weekly prize! Send us your celeb pics or Tweet your opinions on this week's issue to @NowMag

NOT A SHOWMANCE

Your interview with Marnie Simpson and Ricky Rayment proves it's true love. And the video was so funny! Kylie, Derby



#TWITTERLOVE

What the stars – and you! – have been Tweeting to @NowMag this week

@Matichy_x Love @KTHopkins column in @NowMag today! Though I love the time off at bank holidays, I hate the stress it causes!

@FleurDeForce Beautiful breakfast at Fortnums for @NowMag #FeelGood FashionAwards #tooglam togiveadamn

@RickyRayment Go get @NowMag today to read our interview!

@FerneMcCann @NowMag Enjoying this morning's breakfast @ #fortnum&mason #FeelGood FashionAwards



Lilah Parsons hosted Now's Feel Good Fashion Awards

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1987



2015



Whatever happened to....?

Anne Charleston



As soap matriarch Madge, with her children Charlene and Henry



Anne played Lily Butterfield in Emmerdale from 2006 to 2009



Madge returns from the dead to be reunited with Harold. Spooky!

Sings Neigh-bours...

For 11 years, Anne played Madge Bishop – mum to Charlene (Kylie Minogue) and Henry (Craig McLachlan) and wife of bumbling Harold (Ian Smith).

So what happened to Madge?

Well, after Harold got washed out to sea in 1992, Madge left Erinsborough. In real life, Anne bought a cottage in Galway, Ireland, but four years later money dramas forced her back down under. In 2001, she left the soap again when Madge died of pancreatic cancer.

So no more comebacks?

Actually... last month Anne plucked Madge from the soap cemetery and returned for Neighbours' 30th anniversary. 'It was like going home,' says Anne. 'It wasn't nerve-racking because Madge wasn't real. The audience could decide if she was a ghost or a figment of Harold's imagination.'

So is she still mates with Kylie?

No. 'Our paths haven't crossed,' says Anne, who had her own stab at pop stardom in 1989, releasing a spoof duet with Ian called Old Fashioned Christmas. 'We don't discuss that, it was all a big mistake,' she says. 'We shouldn't have done it.'

Did Neighbours see Anne laughing all the way to the bank?

Sadly not. 'It didn't set me up for life,

but I think working into your 70s is a jolly good thing,' says Anne, 72. 'I don't particularly want to sit in an armchair and vegetate!'

What exactly has she been up to, then?

As well as Emmerdale and Holby City, she's been on stage in everything from Steel Magnolias with Mischa Barton to panto. She also did Celebrity Masterchef in 2012. She's back in Melbourne now doing telly and radio voiceovers.

In its glory days circa 1988, Neighbours raked in a badass

18 MILLION

viewers an episode. Beat that, Simon Cowell!



Anne's been acting for 54 years. Her first role was in 1961 TV movie *Night Of The Ding Dong*, when she was 18.

If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – get in touch at **nowmagletters @timeinc.com**

Neighbours is on Channel 5 at 1.45pm and 5.30pm on weekdays

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